



# The International Society of Hypnosis

## NEWSLETTER

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### Letter from the President



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PhD*

President's Letter  
Translator:  
Maria Escalante

It is with great emotion that I address you for the first time as president of the wonderful International Society of Hypnosis

of which we are all part. Our organization evolves and grows with energy that everyone puts into it. If we look at the wonderful success of our 20th World Congress in Paris, there is a lot of energy available to build even more new bridges, new links and soon a welcome to new members and new societies.

I would like to thank Julie Linden who was our president for 3 years. She worked hard to successfully stabilize the foundations: the By-Laws, the administrative office and website. Everyone will benefit for a long time from her efforts.

The life of a living system is made of departures and arrivals. Camillo Loredio, one of the most loyal supporters of the ISH has just left office. He joined the club of former presidents and I hope that, just as Peter Bloom and Eva Banyai, he is often present at our meetings. ISH has a wonderful tradition of inviting former Presidents to attend official Board meetings of the society. Camillo has already told me that he would always be there to advise me and help me in my mission. Goodbye to Woltemade Hartman who also has implemented

fundamental work on important procedures. Wollie, I hope you will continue to contribute to this project. It is with great pleasure that we welcome two new members to the Board of Directors. Nicole Ruysschaert, Past-President of the European Society of Hypnosis joined us. Her experience and enthusiasm for the development of hypnosis will be valuable. With Enayat Shahidi there is a new country member that joined the office: Iran. It is a wonderful opening to new knowledge and new traditions from which we will all benefit.

In addition, with Bernard Trenkle (President-elect), Mark Jensen (Secretary-Treasurer), Franck Garden Brèche (President of the Council of Representatives), Consuelo Casula, Brian Allen, Giuseppe de Benedittis and Katalin Varga, you understand that ISH has an outstanding team of talent and motivation to carry out what I consider a basic mission: to develop hypnosis in order to bring relief everywhere and every time, in an affordable way to those who suffer, and those who need access to efficient care, economically and ecologically.

In order to achieve these objectives, our triennial convention is essential. The 20th Congress, we have all just experienced together in Paris. I had the honor to lead this great success in every respect. I thank the Francophone Federation of Hypnosis and Brief Therapy, its president, Dr. Patrick Bellet, the organizing committee and 34 institutes that are part of CFHTB, who knew all the effort it took to achieve this goal. My responsibility in organizing the Congress imposes on me a reservation on my comments, but simply here are some numbers: 2,500 participants from 56 nations and 320 speakers from 36 nations. All previous records were exceeded and I particularly want to thank Bernhard Trenkle who contributed significantly to this result.

We knew that many had been waiting for a world congress in France (the previous dating from 1965) but we had not imagined such a strong participation knowing that the other most important congress organized in France brought together 930 delegates. This shows the dynamic power of the International

Hypnosis Society and enthusiasm created by the meeting with colleagues around the world. The team of 90 volunteers, led by Stéphane Radoykov and my son Gregoire, almost all medical students, was very active and effective. This involvement of the future caregivers is a ray of sunshine for the future of hypnosis. All this enriches everyone and helps us to expand and to invite new colleagues to join us in this joyous and creative movement.

We will soon publish the list of countries and the participation of everyone but I want to salute now two countries whose dynamism was particularly noticed. Poland, thanks to Krzysztof Klajs and China, thanks to Xin Fang in fact registered 40 representatives each! These are two new member societies and we hope, in the near future, the ISH also welcomes new societies that will also be active. Contacts are already established with our friends in South America (Brazil, Chile, Argentina) and the Ukrainian Society. Our wish is to meet all of the hypnosis societies at their events and congresses so that we get to know one another better and to take into account each specific hypnotic culture.

I thank Marie-Elisabeth Faymonville and Mark Jensen for organizing a day of exchanges on scientific research on Neurosciences and Hypnosis. According to the speakers' opinion (13) and the audience's, this first meeting was of a very high level with exciting debates. You will receive a report about this soon. We intend to repeat this experience in Montreal with new themes on basic clinical research. It is always our wish to create bridges here between laboratory research and practice in the field.

These structures and accomplishments require financial means. In this respect the International Society is very healthy thanks to the contributions of societies and individual members. The resources from the World Congresses are also essential and economic success of the Paris Congress will bring greater security and greater flexibility to the ISH.

Before talking about the future, I remind you that in a few days you will find videos of all the keynotes of Paris on the website (<http://www.ishhypnosis.org/>), and perhaps also some lectures recorded in the great amphitheater during these three days.

All our eyes are now focused towards Montreal that will host the 21st World Congress to be organized by the Quebec Society of Hypnosis led by Michel Landry. I wish that the attendance record in Paris will be surpassed. This is possible because I know that each of you will put all your energy into being present there and also will encourage new colleagues to discover the Québécoise land. I also know that the

economic realities in some of our member countries will be difficult. We will consider the possibility of facilitating access to Congress, perhaps by supporting highly motivated students? Another path might be open. The technology evolves rapidly and we may perhaps experience a retransmission system, much like the Olympics, to allow people to experience this event at a distance. Perhaps it is only a dream, but dreams allow us to build the future, the realities of tomorrow.

Together, we will build them and I invite everyone to give us your ideas, your wishes, your dreams...

Claude Viot

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## Lettre de la présidente French

C'est avec beaucoup d'émotions que je m'adresse à vous pour la première fois comme président de cette merveilleuse Société Internationale d'Hypnose dont nous faisons tous partie. Notre association évolue et grandit grâce à l'énergie que chacun y met et, si nous regardons le magnifique succès de notre 20e congrès mondial à Paris, il y a beaucoup d'énergie disponible pour construire encore et encore de nouveaux ponts, de nouveaux liens et accueillir bientôt de nouveaux membres et de nouvelles sociétés.

Je tiens à remercier chaleureusement Julie Linden qui a été notre présidente pendant 3 ans. Elle a travaillé intensément avec succès pour stabiliser les fondations : les statuts, le bureau administratif et le site internet. Chacun va bénéficier pendant très longtemps de ses efforts.

La vie d'un système vivant est faite de départs et d'arrivées. Camillo Loredi, un des plus fidèles soutiens de l'ISH vient de quitter le bureau. Il rejoint le club très fermé des anciens présidents et nous souhaitons que, comme Peter Bloom et Eva Banyai, il soit souvent présent lors de nos réunions car l'ISH a une merveilleuse tradition qui est d'inviter ses anciens présidents lors des réunions officielles du bureau. Camillo m'a déjà dit qu'il serait toujours là pour me conseiller et m'aider dans ma mission. Au revoir aussi à Woltemade Hartman qui a mis en œuvre un travail de fond sur les procédures renseignement et j'espère que tu continueras à contribuer à ce projet.

C'est avec beaucoup de plaisir que nous accueillons deux nouveaux membres au bureau. Nicole Ruysschaert, past-présidente de la Société Européenne d'Hypnose nous rejoint. Son expérience et son enthousiasme pour le développement de l'hypnose vont être précieux. Avec Enayat Shahidi, c'est un nouveau pays membre qui entre au bureau : l'Iran. C'est une magnifique ouverture vers de nouvelles connaissances et de nouvelles traditions dont nous allons tous bénéficier.

En ajoutant Bernard Trenkle (Président-elect), Mark Jensen (Secrétaire-trésorier), Franck Garden Brèche (président du Conseil des représentants), Consuelo Casula, Brian Allen, Giuseppe de Benedittis et Katalin Varga, vous comprenez que l'ISH dispose d'une équipe remarquable de talents et de motivation pour mener à bien sa mission fondamentale: développer l'hypnose pour soulager partout et à chaque fois que possible les plus faibles, ceux qui souffrent, ceux qui ont besoin

d'accéder à des soins performants, économiques et écologiques.

Pour atteindre ces objectifs, notre congrès triennal est essentiel. Le 20e, que nous venons tous de vivre ensemble à Paris et que j'ai eu l'honneur de diriger est un formidable succès à tous points de vue. Je remercie la Confédération Francophone d'Hypnose et de Thérapies Brèves, son président, le Dr Patrick Bellet, le comité d'organisation et les 34 instituts qui en font partie qui ont su tout mettre en œuvre pour atteindre cet objectif. Ma responsabilité dans l'organisation du congrès m'impose une réserve quant à mes commentaires, mais voici simplement quelques chiffres : 2 500 participants venant de 56 nations et 320 conférenciers venant de 36 nations.

Tous les records ont été dépassés et je tiens à remercier particulièrement Bernhard Trenkle qui a beaucoup contribué à ce résultat. Nous savions que beaucoup attendaient depuis longtemps un congrès mondial en France (le précédent datait de 1965) mais nous n'avions pas imaginé une si forte participation sachant que le plus important congrès organisé en France avait réuni 930 congressistes. Ceci montre bien la puissance dynamique de la Société Internationale et l'enthousiasme créé par la rencontre avec les collègues du monde entier. L'équipe des 90 volontaires, dirigée par Stéphane Radoykov et mon fils Grégoire, presque tous étudiants en médecine, a été très active et efficace. Cette participation de futurs soignants est un rayon de soleil pour le futur de l'hypnose. Tout ceci enrichit chacun et nous aide à transmettre autour de nous, à inviter de nouveaux collègues à nous rejoindre dans ce mouvement joyeux et créatif

Nous publierons bientôt la liste des pays et la participation de chacun mais je tiens dès maintenant à saluer deux pays dont le dynamisme a été particulièrement remarqué. En effet la Pologne, grâce à Krzysztof Klajs et la Chine grâce à Xin Fang ont inscrit chacun 40 représentants ! Ce sont deux nouvelles sociétés membre et nous souhaitons, dans un avenir proche, que l'ISH accueille de nouvelles sociétés aussi actives. Des contacts sont déjà pris avec nos amis d'Amérique du Sud (Brésil Chili, Argentine,) et avec la Société Ukrainienne. Notre souhait est de rencontrer toutes les sociétés d'hypnose lors de leurs manifestations et congrès pour mieux nous connaître et prendre en compte les spécificités de chaque culture hypnotique.

Je tiens à saluer Marie-Elisabeth Faymonville et Mark Jensen pour avoir organisé une journée d'échanges sur la recherche scientifique concernant la conscience. De l'avis de tous les conférenciers (13) et de l'auditoire, cette première rencontre était de

très haut niveau avec des débats passionnants. Vous recevrez un compte rendu de cette journée bientôt. Nous avons l'intention de renouveler cette expérience à Montréal avec de nouvelles thématiques sur la recherche fondamentale et sur la recherche clinique. C'est toujours l'expression de notre volonté de créer de ponts, ici entre la recherche de laboratoire et la pratique sur le terrain.

Ces orientations demandent des moyens financiers. Sur ce plan la Société Internationale est très saine grâce aux cotisations des sociétés et des membres individuels. Les ressources venant des congrès mondiaux sont aussi essentielles et le succès économique du Congrès de Paris va apporter une plus grande sécurité et une plus grande souplesse à l'ISH.

Avant de parler du futur, je vous rappelle que dans quelques jours, vous trouverez les vidéos de toutes les keynotes de Paris sur le site internet (<http://www.ishypnosis.org/>) et, peut-être aussi une partie des conférences enregistrée dans le grand amphithéâtre pendant ces 3 jours.

Tous nos regards se portent maintenant vers Montreal qui accueillera le 21e congrès Mondial qui sera hébergé par la Société Québécoise d'Hypnose dirigée par Michel Landry. Je souhaite que le record de Paris soit dépassé et c'est possible car je sais que chacun d'entre vous va mettre toute son énergie pour être présent et pour encourager de nouveaux collègues à découvrir la terre Québécoise. Je sais aussi que les réalités économiques dans certains de nos pays membres seront difficiles à surmonter. Nous allons réfléchir à la possibilité de faciliter l'accès aux congrès, peut-être en soutenant des étudiants particulièrement motivés ? Une autre voie pourrait s'ouvrir. Les moyens technologiques évoluent très vite et nous pourrions peut-être expérimenter un système de retransmission, un peu comme les jeux olympiques, permettant de vivre en partie l'événement à distance. Ce n'est peut-être qu'un rêve, mais les rêves nous permettent de construire le futur, les réalités de demain.

C'est ensemble que nous les construisons et je vous invite tous à nous faire part de vos idées, de vos souhaits, de vos rêves...

Claude Virot

## **Gedanken der Präsidentin**

Translator: Reinhild Draeger-Muenke  
German

Recht bewegt wende ich mich an Sie, zum erstenmal als Präsident dieser wunderbaren Internationalen Hypnosegesellschaft, der wir alle angehören. Dank der Energie, die jeder eingebracht hat, hat sich unser Verband weiterentwickelt und vergrößert, und, wenn wir uns den wunderschönen Erfolg unseres 20. Weltkongresses in Paris anschauen, gibt es noch viel verfügbare Energie, um weiterhin neue Brücken und Verbindungen zu bauen, und um bald neue Mitglieder neuer Gesellschaften willkommen zu heissen.

Ich möchte mich ganz herzlich bei Julie Linden bedanken, die für die letzten drei Jahre unsere Präsidentin gewesen ist. Sie hat intensiv und erfolgreich an der Stabilisierung der Grundlagen gearbeitet: an den Statuten, der Verwaltung, und der Internetseite. Alle werden für eine lange Zeit von ihren Anstrengungen profitieren.

Der Lebenszyklus eines lebendigen Systems besteht aus Abschieden und Ankünften. Camillo Lorio, einer der treuesten Unterstützer der ISH hat sich gerade vom Vorstandsbüro verabschiedet. Er ist nun ein Mitglied der geschlossenen Gesellschaft ehemaliger Präsidenten, und wir wünschen uns, dass er, wie Peter Bloom und Eva Banyai, häufig an unseren Treffen teilnehmen wird, da die ISH eine wunderbare Tradition pflegt, die darin besteht, ihre ehemaligen Präsidenten ausserhalb der offiziellen Tagungen des Verwaltungsbüros einzuladen. Camillo hat schon zugesagt, dass er mir gerne mit Rat und Tat bei meiner Mission zur Verfügung stehen wird. Auf Wiedersehen auch zu Woltemeade Hartman, der Grundlagenarbeit zur Verbesserung der Informationsverfahren geleistet hat, und ich hoffe, er wird weiterhin zu diesem Projekt beitragen.

Ich freue mich, zwei neue Vostandsmitglieder begrüßen zu können. Nicole Ruysschaert, ehemalige Präsidentin der Europäischen Hypnosegesellschaft, schliesst sich uns an. Ihre Erfahrung und ihre Begeisterung für die Entwicklung der Hypnose sind sehr viel wert. Mit Enayat Shahidi tritt ein Mitglied aus einem neuen Mitgliedsland, dem Iran, dem Vorstand bei. Was für eine grossartige Gelegenheit, sich neuen Bekanntschaften und neuen Traditionen zu öffnen, von denen wir alle profitieren werden.

Dazu kommen Bernard Trenkle (der nächste Präsident), Mark Jensen (Sekretär – Finanzen), Franck Garden-Breche (Präsident der



Abgeordneten), Consuelo Casula, Brian Allen, Giuseppe de Benedittis, und Katalin Varga – wie Sie sehen, erwirbt ISH damit eine Mannschaft mit grossartigen Talenten und der Motivation, sich voll und ganz der grundlegenden Mission zu widmen: die Hypnose zu entwickeln, um überall und wann immer möglich den Schwächsten zu helfen, denen, die leiden, und denen, die Zugang zu effektiver, ökonomischer, und ökologischer Hilfe benötigen.

Um diese Ziele zu erreichen, ist unser Kongress alle drei Jahre ganz wesentlich. Unser 20. Kongress, den wir grade zusammen in Paris erlebt haben, und den zu leiten ich die Ehre hatte, ist in jeder Hinsicht ein toller Erfolg. Ich bedanke mich bei der Confédération Francophone d'Hypnose et des Thérapies Brèves (Französischsprachende Vereinigung für Hypnose und Kurzzeitherapien), ihrem Präsidenten, Dr. Patrick Bellet, dem Organisationskomitee, und den 34 Instituten, die ihm angehören. Sie haben es geschafft, alles in Bewegung zu setzen, um dieses Ziel zu erreichen.

Als Verantwortlicher für die Organisation des Kongresses sollte ich meine Kommentare begrenzen, also hier nur einige Zahlen: 2500 Teilnehmer von 56 Nationen, und 320 Referenten von 36 Nationen. Damit sind alle Rekorde gesprengt, und ich danke vor allem Bernhard Trenkle, der sehr viel zu diesem Ergebnis beigetragen hat. Wir wussten, dass ein Weltkongress in Paris viele Teilnehmer anziehen würde (der letzte Kongress war 1965), aber wir hatten uns nicht so eine starke Beteiligung vorgestellt, vor allem, weil sich beim wichtigsten Kongress der in Frankreich stattgefunden hatte, 930 Kongressteilnehmer versammelt hatten. Daran zeigt sich gut die dynamische Stärke der Internationalen Hypnosegesellschaft, und die Begeisterung, die sich beim Treffen mit Kollegen aus aller Welt entwickelt. Die Mannschaft der 90 Freiwilligen unter der Leitung von Stephane Radoykov und meinem Sohn Gregoire, fast alle Medizinstudenten, war aktiv und effektiv. Diese Teilnahme von zukünftigen Heilern ist ein Sonnenstrahl für die Zukunft der Hypnose. All das bereichert uns und hilft uns, einen grösseren Umkreis zu erreichen, und neue Kollegen einzuladen, unserer fröhlichen und kreativen Bewegung beizutreten.

Wir werden bald die Liste der Teilnehmerländer veröffentlichen, aber ich möchte jetzt schon zwei Länder begrüßen, deren Energie besonders bemerkenswert war. In der Tat, sowohl Polen, dank Krzysytof Klajs, als auch China, dank Xin Fang, haben jeder 40 Teilnehmer registriert! Beide sind neue Mitgliedsgesellschaften, und wir wünschen uns für die nähere Zukunft, dass ISH weitere so

aktive neue Mitgliedsgesellschaften rekrutieren möge. Wir haben schon Kontakt mit unseren Freunden in Südamerika (Brasilien, Chile, Argentinien), und mit der Ukrainischen Gesellschaft aufgenommen.

Wir wünschen uns, alle Hypnosegesellschaften während ihrer Veranstaltungen und beim Kongress anzutreffen, um uns besser kennenzulernen, und den Besonderheiten jeder hypnotischen Kultur Rechnung zu tragen.

Ich begrüsse es sehr, dass Marie-Elisabeth Faymonville und Mark Jensen einen Tag zum Austausch über die wissenschaftliche Forschung über Bewusstsein organisiert haben. Die 13 Diskutanten sowie die Zuhörer waren sich einig, dass sich dieses erste Treffen mit seinen leidenschaftlichen Debatten auf einem sehr hohen Niveau abgespielt hat. Sie werden bald eine Zusammenfassung dieses Tages erhalten. Wir planen, diese Erfahrung in Montreal mit neuen Themen über Grundlagenforschung und klinische Forschung zu wiederholen. Wir wollen weiterhin unserer Absicht Ausdruck verleihen, Brücken zu bauen, in diesem Fall zwischen Forschung und Praxis.

Dafür brauchen wir finanzielle Mittel. In diesem Bereich steht die Internationale Gesellschaft auf gesunden Füßen, dank der Beiträge der Mitgliedsgesellschaften und einzelner Mitglieder. Die Einträge von den Weltkongressen sind ganz wesentlich, und der finanzielle Erfolg des Pariser Kongresses wird ISH grössere Sicherheit und Flexibilität bringen.

Bevor ich mehr über die Zukunft spreche, möchte ich Sie daran erinnern, dass Sie in den nächsten Tagen die Videos der Plenarvorträge im Internet finden können ( <http://www.ishhypnosis.org/> ), und vielleicht sogar einen Teil der Veranstaltungen, die im grossen Amphitheater während der drei Konferenztage stattgefunden haben.

Richten wir nun unsere Aufmerksamkeit auf Montreal, das den 21. Weltkongress willkommen heissen wird, ausgetragen von der Société Québécoise d'Hypnose (Quebec's Hypnosegesellschaft), unter der Leitung von Michel Landry. Ich wünsche mir, dass der Rekord von Paris überschritten wird, und ich weiss, dass das möglich ist, weil, jeder von Ihnen seine ganze Energie einsetzen wird, am Kongress teilzunehmen und neue Kollegen zu ermutigen, die Gegend Quebec's zu entdecken.

Ich weiss auch, dass die ökonomischen Realitäten einiger unserer Mitgliedsländer nur mit Mühe

überwunden werden können. Wir müssen über Möglichkeiten nachdenken, wie wir den Zugang zum Kongress erleichtern können, vielleicht, indem wir besonders motivierte Studenten unterstützen? Vielleicht eröffnet sich noch ein anderer Weg. Die technischen Möglichkeiten entwickeln sich so schnell weiter, und vielleicht können wir mit einem Übermittlungssystem experimentieren, das es erlauben würde, ähnlich wie bei den Olympischen Spielen, aus der Entfernung das Geschehen teilweise live zu verfolgen.

Das ist vielleicht nur ein Traum, aber die Träume erlauben uns ja, die Zukunft, die Realitäten von morgen, zu konstruieren. Diese entwickeln wir zusammen, und ich lade Sie alle dazu ein, uns Ihre Ideen, Wünsche, und Träume mitzuteilen...

Claude Virot

## Paris, 2015



## Lettera del presidente

Translator: Consuelo Casula  
Italian

E' con grande emozione che mi rivolgo a voi per la prima volta come presidente della meravigliosa Società Internazionale di Ipnosi di cui tutti facciamo parte. La nostra società si evolve e cresce con l'energia che ognuno vi mette. Se guardiamo il fantastico successo del nostro 20° Congresso Mondiale di Parigi, c'è tanta energia a disposizione per costruire ancora nuovi ponti, nuovi legami e presto dare il benvenuto a nuovi membri e a nuove società.

Vorrei ringraziare Julie Linden che è stata il nostro presidente per tre anni. E' riuscita, grazie al suo forte impegno, a stabilizzare le fondamenta: lo Statuto, la sede amministrativa e il sito web. Tutti potranno beneficiare a lungo dei suoi sforzi. La vita di un sistema vivente è fatta di partenze e arrivi. Camillo Loredano, uno dei sostenitori più fedeli della ISH, ha appena lasciato il board. Si è unito al club di ex presidenti e mi auguro che, proprio come Peter Bloom ed Eva Banyai, sia spesso presente alle nostre riunioni. ISH ha la meravigliosa tradizione di invitare gli ex presidenti a partecipare alle riunioni del board della società. Camillo mi ha già detto che sarebbe stato sempre lì a darmi dei consigli e ad aiutarmi nella mia missione. Un saluto anche a Woltemade Hartman, che ha implementato il lavoro fondamentale su procedure importanti. Spero che Wollie continuerà a contribuire a questo progetto. E' con grande piacere che diamo il benvenuto a due nuovi membri del board. Nicole Ruysschaert, Past-President della Società Europea di ipnosi, si è unita a noi: la sua esperienza e l'entusiasmo per lo sviluppo di ipnosi saranno preziosi. Con Enayat Shahidi c'è un nuovo paese membro che si è unito al board: l'Iran. Si tratta di una meravigliosa apertura a nuove conoscenze e nuove tradizioni da cui tutti trarremo beneficio.

Inoltre, con Bernard Trenkle (Presidente eletto), Mark Jensen (Segretario-Tesoriere), Franck Garden Brèche (Presidente del Consiglio dei Rappresentanti), Consuelo Casula, Brian Allen, Giuseppe de Benedittis e Katalin Varga, si capisce che ISH ha una squadra di eccezionale talento, motivata a realizzare quello che considero una missione fondamentale: sviluppare l'ipnosi per portare sollievo, ovunque e sempre, in modo sostenibile, a coloro che soffrono, a coloro che hanno bisogno di accedere a cure efficaci, dal punto di vista economico e ecologico. Al fine di raggiungere questi obiettivi, il nostro convegno triennale è essenziale. Il 20° Congresso l'abbiamo tutti appena vissuto insieme a Parigi. Ho

avuto l'onore di condurre questo grande successo sotto ogni aspetto. Ringrazio la Federazione Francofona di Ipnosi e Terapia Breve (CFHTB), il suo presidente, il dottor Patrick Bellet, il comitato organizzatore e i 34 istituti che fanno parte della CFHTB, che conoscono lo sforzo che ha portato a raggiungere questo obiettivo. La mia responsabilità nell'organizzazione del Congresso mi impone di risparmiare i commenti, vi do semplicemente alcuni dati: 2.500 partecipanti provenienti da 56 nazioni e 320 relatori provenienti da 36 nazioni. Tutti i record precedenti sono stati superati, e di questo ringrazio in particolare Bernhard Trenkle che ha contribuito in modo significativo a questo risultato.

Sapevamo che molti aspettavano un congresso mondiale in Francia (il precedente era stato nel 1965), ma non avevamo immaginato una così forte partecipazione, sapendo che l'altro più importante convegno organizzato in Francia aveva raccolto 930 partecipanti. Questo dimostra il potere dinamico della Società Internazionale di Ipnosi e l'entusiasmo creato dall'incontro con colleghi di tutto il mondo. La squadra di 90 volontari, quasi tutti gli studenti di medicina, guidati da Stéphane Radoykov e da mio figlio Gregoire, è stata molto attiva ed efficace. Il coinvolgimento dei futuri caregiver è un raggio di sole per il futuro dell'ipnosi. Tutto questo ci arricchisce tutti e ci aiuta ad ampliare e ad invitare nuovi colleghi a unirsi a noi in questo movimento gioioso e creativo.

Presto pubblicheremo l'elenco dei paesi e la partecipazione di tutti, ma ora voglio salutare due paesi il cui dinamismo è stato particolarmente evidente. Polonia, grazie a Krzysztof Klajns e la Cina, grazie a Xin Fang, hanno registrato 40 rappresentanti ciascuno! Si tratta di due nuove società costituenti e speriamo che, in un prossimo futuro, la ISH accolga altre nuove società che saranno attive. Abbiamo già stabilito contatti con amici in Sud America (Brasile, Cile, Argentina) e con la società ucraina. Il nostro desiderio è di partecipare a eventi e congressi di tutte le società di ipnosi in modo da arrivare a conoscerci meglio e a prendere in considerazione ogni specifica cultura ipnotica.

Ho accolto con piacere una giornata di scambi sulla ricerca scientifica, su neuro-scienze e ipnosi organizzata da Marie-Elisabeth Faymonville e Mark Jensen. Secondo l'opinione dei relatori (13) e del pubblico, il livello di questo primo incontro è stato molto elevato, con dibattiti interessanti. Presto ne riceverete un rapporto. Abbiamo intenzione di ripetere quest'esperienza a Montreal con nuovi temi in materia di ricerca clinica di base. E' sempre nostro desiderio creare ponti tra la ricerca di laboratorio e le pratiche sul campo.

Queste strutture e realizzazioni richiedono mezzi finanziari. A questo proposito la società internazionale è molto sana grazie ai contributi delle società e dei singoli membri. Le risorse provenienti dai congressi mondiali sono essenziali e il successo economico del Congresso di Parigi porterà maggiore sicurezza e una maggiore flessibilità per la ISH.

Prima di parlare del futuro, vi ricordo che tra pochi giorni potrete trovare i video di tutte le relazioni magistrali di Parigi sul sito web (<http://www.ishhypnosis.org/>), e forse anche alcune conferenze registrate nel grande anfiteatro durante questi tre giorni.

Il nostro sguardo è ora concentrato su Montreal che ospiterà il 21° Congresso Mondiale che sarà organizzato dalla Quebec Society of Hypnosis guidata da Michel Landry. Mi auguro che il record di presenze a Parigi venga superato. Questo è possibile perché so che ognuno di voi metterà tutta la sua energia per essere presente anche lì e incoraggerà nuovi colleghi alla scoperta della terra canadese. So anche che la realtà economica in alcuni dei nostri paesi membri sarà difficile. Noi prenderemo in considerazione la possibilità di facilitare l'accesso al Congresso, magari dando un sostegno a studenti molto motivati? Un altro percorso potrebbe essere iniziato. La tecnologia si evolve rapidamente e potremmo forse sperimentare un sistema di ritrasmissione, proprio come le Olimpiadi, per permettere alle persone di vivere questo evento a distanza. Forse è solo un sogno, ma i sogni permettono di costruire il futuro, le realtà di domani.

Insieme, li costruiremo e invito tutti a darci le vostre idee, i vostri desideri, i vostri sogni ...

Claude Virot

**Visit ISH Video Library by clicking below.**





## Columna de la Presidencia

Translator: Teresa Robles  
Spanish

Con mucha emoción me dirijo a ustedes por primera vez como Presidente de esta maravillosa Sociedad Internacional de Hipnosis (ISH), de la que todos somos parte. Nuestra Sociedad evoluciona y crece gracias a la energía que cada uno de nosotros pone en ella. Y, si miramos el gran éxito de nuestro 20° Congreso Mundial en París, nos damos cuenta de cuánta energía hay disponible para construir más y más nuevos puentes, para establecer nuevas alianzas que nos permitan recibir nuevos miembros y nuevas sociedades.

Quiero agradecer con mucho aprecio a Julie Linden que fue Presidenta durante tres años. Julie trabajó intensamente para estabilizar y ajustar las bases, los estatutos, la oficina administrativa y el sitio de internet y el resultado fue un gran éxito. Todos nos vamos a beneficiar de sus esfuerzos durante mucho tiempo.

La vida de un sistema vivo está hecha de entradas y salidas, Camilo Loredio, uno de los más fieles apoyos de la ISH, acaba de salir de la Mesa Directiva. Se une al Club de los Expresidentes, un grupo muy sólido. Esperamos que como Peter Bloom y Eva Banyai asista con frecuencia a nuestras reuniones, ya que esta Sociedad tiene la maravillosa tradición de invitar a sus antiguos presidentes a las reuniones oficiales de la Mesa Directiva. Camillo me prometió que estará siempre presente para aconsejarme y ayudarme con mi Misión. Nos despedimos también de Woltemade Hartman que comenzó un trabajo a fondo sobre los procedimientos para dar información. Woltemade, espero que continúe a contribuir a este proyecto.

Con mucho gusto recibimos dos nuevos miembros en la Mesa Directiva: Nicole Ruysschaert, anterior Presidenta de la Sociedad Europea de Hipnosis. Su experiencia y entusiasmo por el desarrollo de la hipnosis van a sernos muy útiles. Con Enayat Shahidi ingresa un nuevo país, Irán, a la Mesa Directiva. Todos vamos a beneficiarnos de esta maravillosa apertura a nuevos conocimientos y nuevas tradiciones.

Además de los que ya estamos: Consuelo Casula, Brian Allen, Giuseppe de Benedittis y Katalin Varga, se unen a nosotros: Bernhard Trenkle, Presidente Electo; Mark Jensen, como Secretario – Tesorero; Frank Garden Breche, como Presidente del Consejo de Representantes. Como pueden ver, la ISH dispone de un gran equipo talentoso y motivado para lograr su Misión fundamental: el desarrollo de la

hipnosis para apoyar a los más débiles, a los que sufren, que necesitan tener acceso a tratamientos efectivos, económicos y ecológicos.

Nuestro congreso, que se realiza cada tres años, es esencial para lograr sus objetivos. El 20° Congreso que acabamos vivir, juntos, en París, y que he tenido el honor de dirigir, ha sido un formidable éxito desde todos los puntos de vista. Agradezco a la Confederación Francófona de Hipnosis y Terapias Breves, a su Presidente el Dr. Patrick Bellet, al Comité organizados y a los 34 institutos que son parte de la Confederación y que hicieron todo lo que era necesario para lograr nuestro objetivo. Por la responsabilidad que yo tuve en la organización del Congreso, debo limitar mis comentarios, pero les comparto algunas cifras: 2,500 participantes provenientes de 56 países y 320 conferencistas de 36 países. Se rompieron todos los records. Y quiero agradecer de manera especial a Bernhard Trenkle que contribuyó en gran medida a este logro. Nosotros sabíamos que desde hacía mucho tiempo, había grandes expectativas de que se realizara un Congreso Mundial en Francia (el anterior había sido en 1985). El mayor Congreso realizado en Francia hasta ese momento, había reunido 930 participantes. Esto muestra la fuerza y el dinamismo de la Sociedad Internacional y el interés de encontrarnos con colegas del mundo entero. El equipo de 90 voluntarios, dirigidos por Stéphane Radoykov y mi hijo Grégoire, compuesto por estudiantes de medicina, fue realmente activo y eficaz. El hecho de que futuros médicos participaran de esta manera, es un rayo de sol para el futuro de la hipnosis. Todo esto nos enriqueció a cada uno de nosotros y nos ayuda a transmitirlo a nuestro alrededor y a invitar a nuevos colegas a unirse a este movimiento alegre y creativo.

Muy pronto publicaremos la lista de los países y la participación de cada uno, pero desde ahora quiero felicitar a dos países que sobresalieron por su dinamismo: Polonia y China que, gracias a Krzysztof Klajs y a Xin Fang inscribieron cada uno 40 personas. Son dos nuevas sociedades miembros de la ISH. Esperamos que en un futuro próximo podamos incluir nuevas sociedades tan activas. Ya hemos hecho contacto con nuestros amigos de América del Sur (Brasil, Chile, Argentina) así como con la Sociedad Ukrania. Queremos entrar en contacto con todas las sociedades de hipnosis a través de sus miembros que participaron en el Congreso, para conocer mejor y tomar en cuenta las características de cada cultura hipnótica.

Quiero felicitar a Marie-Elizabeth Faymonville y Mark Jensen por organizar una jornada de intercambio sobre investigación científica alrededor de la



Consciencia. Según la opinión de los 13 conferencistas y del auditorio, este primer encuentro fue de muy alto nivel, con debates muy interesantes. Muy pronto recibirán un informe de esta jornada. Tenemos la intención de renovar esta experiencia en Montreal incluyendo nuevos temas tanto de investigación básica como de investigación clínica. Esto es una expresión de nuestro deseo de crear puentes, en este caso entre la investigación de laboratorio y la investigación de campo.

Todo esto requiere medios financieros. La Sociedad Internacional tiene sus finanzas muy sanas gracias a las contribuciones de sus sociedades y de sus miembros individuales. Los recursos que provienen de los Congresos mundiales son también muy importantes y el éxito económico del que acaba de realizarse en París va a aportar a la ISH una gran seguridad y viabilidad.

Antes de hablar del futuro, quiero recordarles que dentro de unos días encontrarán los videos de todas las conferencias magistrales en nuestro sitio de Internet (<http://www.ishhypnosis.org>) y tal vez también algunas de las conferencias grabadas en el gran anfiteatro durante estos tres días.

Todas nuestras miradas se dirigen ahora hacia Montreal que alojará el 21° Congreso Mundial que será auspiciado por la Sociedad de Hipnosis de Quebec (Société Québécoise d'Hypnose) dirigida por Michel Landry. Deseo que este Congreso supere los records de París. Y es posible, porque yo sé que cada uno de ustedes va a poner todo su esfuerzo para estar presente y para animar a nuevos colegas a descubrir la tierra, el mundo, de Quebec. También sé que será difícil resolver las dificultades financieras en algunos de nuestros países miembros. Vamos a reflexionar sobre cómo podemos facilitarles el acceso al Congreso, ¿tal vez apoyando a estudiantes que se encuentren muy motivados? Y pueden abrirse otros caminos.

Los medios tecnológicos evolucionan rápidamente y tal vez podríamos probar un sistema de retransmisión, un poco como se hace con los juegos olímpicos, que permite vivir, al menos en parte, la experiencia. Tal vez sea sólo un sueño, pero los sueños nos permiten construir el futuro, la realidad de mañana.

Vamos a construirlo juntos y yo los invito a que nos compartan sus ideas, sus deseos, sus sueños...

Claude Viro



## THE INTERNATIONAL SOCIETY OF HYPNOSIS

### Individual ISH Membership

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.](http://www.ishhypnosis.org)

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## Letter from the Editor



*Katalin Varga  
Dipl. Psych. Ph.D.*

As a re-elected member of ISH Board of Directors I have the honor to continue editing the newsletter. Not surprisingly many items in our issue are connected to Paris and the XXth International Congress of Hypnosis. This is the reason why this issue is published a bit later, as we have just returned from the city of lights...

As the new Board of Directors has taken office in Paris, our new president, **Claude Viro**t is addressing us in his **Letter from the President**.

In the **Main Interview** we introduce one of our new BOD members, **Enayatollah Shahidi**. He introduces us to the surprisingly great activity of his country Iran in the field(s) of hypnosis.

In the column of **"Meeting our Mentors"** a long interview with **Éva Bányai** is reported by András Költő. Éva was awarded the Benjamin Franklin Gold Medal, so it is high time to know her better – although the majority of ISH members participated in her workshops, lectures, but do not necessarily know the interesting details of her professional career.

We keep on "building bridges" between the clinical and research fields of hypnosis in the **Clinical Relevance of Research Findings**. In this issue we present a summary of the Research Update held in Paris, organized by M.E. Faymonville and M. P. Jensen. **Alfredo DePascalis**, one of the reviewers summarized the day. In the coming issue we will present the reflections of the speakers and other reviewers.

As we have become accustomed to **András Költő**, he again summarizes some exciting papers in his column **"Findings of Note"**.

The "network" between our members becomes bigger and bigger by the help of **10 questions**. In this sec-

tion the person who answers our standardized 10 questions can name a new member to be asked and put a specific question to him/her. **Xin Fang** from China chose **Krzysztof Klajs** from Poland.

Introducing colleagues who are working for ISH **"behind the scenes"** **Amélie Jouvin Pillevesse**, one of the most important organizers of the Paris congress.

And the **News** section we introduce the awardees of ISH, the new Board members, news from the constituent societies... and Manchester, the next meeting of the big family of hypnosis experts in Europe.

The ISH Board of Directors  
expresses its heartfelt thanks to

**Julie Linden, PhD**

For her inspiration and leadership during  
her term as ISH President,  
Bremen 2012 – Paris 2015



## Interview



Enayatollah Shahidi, MD, is BOD member, Treasurer and Chairman of International Affairs Committee of the Iranian Scientific Society of Clinical Hypnosis (ISSCH). He is a licensed medical doctor and cognitive-behavioral psychotherapist residing in Tehran, Iran.

He is a well-recognized author, translator, lecturer, and therapist in the fields of medical and psychological hypnosis.

He has translated 4 books for Farsi speaking children and 2 for adults. He has also written two books in Farsi. He has conducted some research studies in the fields of hypnosis and cognitive therapy.

He has been practicing hypnotherapy since 1994 and teaching clinical hypnosis to the professionals since 2001.

He has recently been elected as a member of the ISH BOD for the years 2015 to 2018. His friends call him Enayat.

### *Replies to ISH Interview Questions With Enayatollah Shahidi, MD*

**At the 20<sup>th</sup> international congress in Paris the COR elected you as a new member to the Board of Directors. We would like to introduce you to our readers.**

**Can you please describe your professional background?**

Well, I started my professional life as a general practitioner in 1996. But my interest in psychological treatments dates back to even further to when I was a medical student at Tehran University of Medical Sciences. In 1993, when I was an intern in a psychiatric hospital, I attended an introductory course of

hypnosis and joined the Iranian Society of Hypnosis. The workshop was the beginning of a new era in my professional life. I can vividly recollect that my first hypnosis experiences were so effective that I very soon adored it and decided to make it an important part of my clinical work. In 1995, I successfully presented my doctoral dissertation, "Hypnotherapy of Anxiety Disorders", in front of the board of examiners. Thereafter, I never quit hypnosis and it has always been the most important part of my clinical job.

As a psychologically minded physician, I soon found out that in order to be a better hypnotherapist I'd better combine cognitive therapy with my hypnotherapeutic approach. So, in 2007 I attended an academic specialty course of Cognitive-Behavioral Psychotherapy and in 2012 I graduated as a specialist in the field.

In this process, I've always been driven by my commitment to help people, passion to learn, and enthusiasm to teach. My viewpoint is that knowledge isn't individual; the beauty of something is understood only if shared with others. So I love to share my knowledge and experiences with my colleagues all around the world.

**You connect Janet, one of the classics of dissociation and the modern methods of neuroimaging (qEEG=quantitative EEG). It is an interesting "marriage", as the mother technologies are connected to the classical authors.**

Pierre Janet was the first person to allege a connection between events in a subject's past life and his or her present day psychopathology. He coined the words "dissociation" and "subconscious" and believed that dissociation is the key concept in understanding trauma.

It's clear that dissociation is one of the main characteristics of hypnotic state. We know that all forms of mental states like hypnosis have concomitant psychoneurobiological effects in the brain. As a medical doctor, I am eager to learn more about the neurophysiology of various mental states. I believe that the harmonious function of the brain much resembles that of a symphony orchestra.

So I've decided to divide my professional activities into two parts. The clinical part, where I can communicate with and help people, and the neuroscientific part, where I can learn more about the neural substrate of brain functions in healthy and pathological states.

**How you started to be involved in trauma work?**

It's important to consider that in the current man-made bizarre life, frequent exposure to traumatic events seems to be inevitable. Childhood caregiver



dysfunction and/or unavailability, lack of adequate social support, and confronting minor or major traumatizing events are just a few examples. So we have all experienced some kind of traumatic event.

I live in a part of the world, the Middle East, in which traumatic events occur quite often. So in my practice I've encountered a lot of trauma victims and I've committed to finding effective solutions for them. That is why in the past 6 to 7 years I've paid special attention to trauma related disorders and their treatment using CBT, EMDR, and hypnotherapy.

I am now known as a therapist of trauma-related disorders. In February 2014, I was invited to be part of an online conference entitled "Trauma Solutions" where I've presented "Hypnotherapy of Traumatized Patient". I love helping trauma victims get rid of their annoying symptoms and I find this to be very rewarding.

I realize that the patients suffering from psychological disorders are already in a pathologic hypnotic state. So during the process of hypnotherapy for traumatized patients, I first subliminally de-hypnotize them to bring them out of their negative trance and then re-hypnotize them to re-integrate the psychobiological systems of the personality.

### **How could you briefly summarize your studies with normal and traumatized patients using Brain Machines?**

Well, although it is a good idea to study the brain function of the traumatized patient, I've not yet done it. As a matter of fact, the subjects of my studies using Brain Machines are from a normal population with no serious psychiatric disorders. The studies have been mainly focused on comparing the brain functions in ordinary awakening versus hypnotic state. I try to find out what happens in the brain when the mind is in a hypnotic state.

### **How about the organizational side? How many members do you have? What are/were the most important activities?**

It may be somewhat astonishing that the Iranian Society of Hypnosis was established 26 years ago, in 1989. Two years later, in 1991, the society had been qualified by the ministry of sciences and researches to teach hypnosis to professionals. Since then, more than 4,000 professionals around the country have been trained. These are composed of medical doctors, dentists, nurses, midwives, physiotherapists, nutritionists, psychologists, and consultants. In 2000, the name of the society changed to its current name, Iranian Scientific Society of Clinical Hypnosis (ISSCH) and now has more than 500 registered members.

The society has five active committees composed of Educational, Research, Ethics, International Affairs, and Treatment committees. The most important activities of the society are training and research. Every year more than 200 professionals are trained and 2 to 4 research studies are conducted.

### **Teaching hypnotherapy since 2001 in Tehran, Iran, and regular faculty member of international conferences. Can you please describe the specificity of hypnotic work in your culture?**

Iran has a rich ancient history of more than 7,000 years and like all ancient cultures it has always had its own methods of healing. Even long ago, there were local spiritual healers who used some psychic treatments very similar to hypnosis.

Inducing a trance state for therapeutic purposes has been long utilized in various ideologies like Sufism. You probably know Rumi as a famous Iranian Sufi. Therefore, for some people, the practice of hypnosis has been tied to spiritual matters so they believe the hypnotic trance is a holy state. You can easily assume that such a viewpoint augments the effectiveness of hypnosis.

In his book, "The book of Healing", Avicenna, the 11<sup>th</sup> century Iranian physician, writes about hypnosis, but under another name, "*al Wahm al-Amil*". He states that "One could create conditions in another person so that he/she accepts the reality of the condition". He also used this phenomenon to treat his patients. It is quite clear that the phenomenon he described is exactly what we now recognize as hypnosis.

Nowadays, the spiritual belief towards hypnosis has been merged with the new scientific hypnosis creating a unique working combination. We may now utilize hypnosis through each of the various approaches either individually or in any combination. The most utilized styles include spiritual, authoritative, permissive, psychodynamic, neo-Ericksonian, and cognitive.

### **As a new BOD member: what do you think you can most contribute?**

To be honest, as an ISH member, I believe that its overall function has been desirable. The only point that can be considered relatively weak is that the ISH has not yet standardized trainings in the constituent societies. Since hypnosis and hypnotherapy are not official academic courses to be managed by universities, it can be considered as an innate responsibility of ISH to conduct the training of hypnotists and hypnotherapist worldwide.

I like to remind members that according to the Article II of the by-law, two of the items of the objects and purposes for which the corporation is organized

are to encourage cooperative relations among scientific disciplines with regard to the study and applications of hypnosis, and to establish standards for the professional training and adequacy in the field of hypnosis.

Therefore, as a new BOD member, I'd like to highlight the pivotal role of standardized education in the realm of both clinical and nonclinical uses of hypnosis. Hypnosis has always been taught in Constituent Societies but we have never asked them to adhere to a predetermined standard training plan.

It is also worth noting that due to unavailability of qualified hypnotherapists, a lot of people all around the world are deprived of the outstanding advantages of scientific hypnosis. I am convinced that providing suitable opportunities for training qualified therapists will be a good solution to the problem.

By this I mean that from my standpoint, the need to revitalize the educational and training activities of ISH is of paramount importance. Fortunately, ISH benefits from a lot of knowledgeable members capable of presenting very useful workshops all around the world. Hence, in order to bring this idea to fruition, I highly recommend that ISH put special energy and effort towards training to promote scientific hypnosis worldwide.

Finally, as a nonprofit organization, ISH may always be vulnerable to financial shortages. So as the current Treasurer and ex-chairperson of the Educational Committee of the Iranian Society of Clinical Hypnosis, I have combined my experiences in both positions to develop a practical and executable idea having both educational and financial advantages.

## Paris, 2015



## Meeting Our Mentors

**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.**

**In Paris Éva Bányai got the highest award of ISH: the Benjamin Franklin Gold Medal. We pay tribute to our mentor by this comprehensive interview by András Költő, the editor of ESH newsletter.**

**“AS IF THAT LITTLE GIRL HAD ‘HYPNOTIZED’ THE BOYS”**

*Éva Bányai interviewed by András Költő  
(The interview was originally published in the  
[2015/1 issue of the ESH Newsletter](#))*

**Éva I. Bányai is a Psychologist and Professor of Affective Psychology at Eötvös Loránd University (ELTE), Faculty of Education and Psychology, in Budapest, Hungary, and she is the Honorary President of the Hungarian Association of Hypnosis, which was started to be organized by her and her colleagues in 1980 (then as a Working Group within the Hungarian Psychiatric Society).**

**She was the chair of the Department of Experimental General Psychology between 1990 and 2002; since then, her successor – leading the now called Department of Affective Psychology – is one of her former students, Dr. Katalin Varga. Professor Bányai is a founder of the Doctoral School of Psychology at ELTE where she leads the Program for Behavioural Psychology. She is an Honorary President of the Hungarian Association of Hypnosis, and she was the first female President of both the European and the International Societies of Hypnosis (between 1993–1996 in ESH and 2000–2004 in ISH, respectively). In 2014, she was awarded Honorary Membership of ESH, for “having made an outstanding contribution to the field of hypnosis.” She taught in many European countries, including Italy, Spain and Sweden, and did a lot to bring European colleagues together. In the current interview, I asked her about her innovations in research and therapy, and her leadership in the field of hypnosis from a female perspective. She also shares her experiences as a little school-girl, as a teacher, and as a patient.**



**ANDRÁS: You were 7 when you started your career as a hypnotist...**

ÉVA: Oh my! It happened when I went to first grade in elementary school. It was a few years after WWII. The country was still very poor, so we had to collect waste metal. To facilitate the kids to collect as much as they can, there was a competition among the classes of the schools. For the surprise of all the teachers, the first grade girls' class won the competition. Everyone was wondering how this could happen, that the smallest and weakest little girls collected the most scrap metal? My mother came home from a parents' meeting, laughing. At supper, she told what she had heard from our class master: She (the class master) discovered how the little girls won the competition over the older classes. She noticed that one of the girls – me – went to a group of boys, the strongest and oldest ones in the whole school – some were even repeating the eighth grade – told them something; and the boys, as “if being hypnotized”, followed her! This was the very first time I had heard the word “hypnosis”, making me curious what it meant. I asked my parents, who were also teachers. Luckily enough, they knew what hypnosis was, and they were able to explain it to me with simple words. They told me that the hypnotist tells something to another person. This other person pays so close attention to the hypnotist's words that s/he follows the suggestions given by the hypnotist, and that's it. I was a bit surprised, because I knew I hadn't done anything peculiar – I just told the boys that I knew some places where waste iron were piled up in Buda hills where we lived. (*After so many years, Éva is still living in the same house, in a high-land district of Budapest.*) For me, it was natural that they trusted me. Is it that natural that 14+ year old boys – much older, smarter, and way more self-confident than a small girl – believe what such a little girl tells to them? That's why my teacher told

my parents that it was as if that little girl had “hypnotized” the boys. Looking back at the whole situation from today, I think it is still not obvious why the boys collected and put all the waste metal into our class's account. Ever since this very first occasion I heard this strange word with connection to my name, I became so interested in hypnosis that I always looked for something to read about it. I read everything what I could find, first, fiction, like *Mathias Sandorf* by Jules Verne...

**But in those times, hypnosis was forbidden in Hungary, wasn't it?**

Yes, and it was very good, because the forbidden fruit is always sweeter! So I became even more motivated to find everything connected to hypnosis. As I grew older, I went to the library, but, unfortunately, I couldn't find any relevant literature on the subject, because it was available only for the scientists. That was my main motive to become a researcher.

**Still, I suppose there were some Soviet books about it. Given that almost all fields of psychology were treated with suspicion by Soviet authorities, I never understood how they could make an exception to hypnosis.**

The reason for this “permissiveness” was that Ivan Petrovich Pavlov was interested in hypnosis. His prestige and power gave a protection to both researchers and practitioners who used hypnosis. Fortunately, there was a Hungarian friend of Pavlov, the psychiatrist Dr. Ferenc Völgyesi (who also published as Dr. Franz Völgyesi). After all, I found Völgyesi's books that gave references to important classic works. Unfortunately, he died not much before I started my quest, but his address was still in the phone register. I managed to speak to his widow, who allowed me to visit his library. It was like a treasure chamber! He had the most important books, like those of Bernheim, William James, and Hull, in *original edition*! Indeed, he had Pavlov's books dedicated to him. I was lucky enough to get access to these books; that was the beginning of my reading, starting with the classics. Then, as a young psychologist, it was very natural that I wanted to study hypnosis. I got acquainted with a physiologist, Dr. István Mészáros, who had learned hypnosis at the Medical School of Leningrad University. He got a special training in hypnotic treatment of alcoholics.

**Did he want you to help him treating alcoholics?**

As a matter of fact, after he came home, first he studied hypnosis at the Department of Physiology at the Budapest Medical School. I learned about his study, but when I actually got acquainted with him,



just before I began my last year of studying psychology at ELTE, he had already changed his interest to the study of electrophysiological correlates of conditioning in animals. But we did have discussions about his former studies, and he was open to collaboration in this area. After graduation, I became a Junior Research Fellow at the Institute for Psychology of the Hungarian Academy of Sciences. When Professor György Ádám, then the head of the Department of Comparative Physiology at ELTE became the director of this institute also, he invited me to his department. He really wanted me to get there, because he knew I already had a lot of experience in carrying out physiological research. Luckily, I was in a situation where I could tell him that I would go to his department if I could study hypnosis together with Dr. Mészáros.

### **Where, as a young researcher, you challenged the hypnosis theory of Pavlov.**

Like everybody those days, when I attended Professor Ádám's lectures, I learnt that hypnosis is a sleep-like state, postulated by the Pavlovian model. At first, I was very open to this theory, but when I began to work with hypnosis and saw hypnotized subjects day by day, to my surprise, I saw some subjects whose behaviour or subjective experiences did not fit into the sleep-like quality of hypnosis. In my doctoral research, I studied the effect of hypnosis on learning and memory. It was a between-subjects and within-subject design study. Twenty-four subjects served as their own controls. They learned nonsense syllables and words, 5 times in the waking state and 5 times in hypnosis. Four of those twenty-four subjects just did not fit into the Pavlovian theory of hypnosis being a sleep-like state. After being dehypnotized from a traditional relaxational hypnosis, they told me "Why did you say it would be like as if I would be sleeping? I became even more fresh and alert than in waking state!" Their movements did not show that slow, relaxed, sluggish and sleepy quality we usually associate with hypnosis, either. They did not feel that they were sleeping. Not at all. Instead, they added "I didn't feel sleepy and drowsy; I felt I could think crystal clearly, and I could focus my attention much better than in the waking state!" Since these four persons did not fit into the Pavlovian model, I began to think about an alternative explanation. Of course, I asked my boss, Dr. Mészáros, and I suggested that sleep-like features may not be essential to hypnosis. He replied: "Éva, those four people are the exceptions. And you know the saying: 'Exceptions strengthen the rule', keep it in mind". Then I went to professor Ádám, a very well-known researcher and theorist all over the whole world, and I told him about my doubts. But he said practically the same: "Éva, you are so young. You should learn

what more experienced colleagues advise you to."

### **Knowing how stubborn you are, I can imagine you were still obsessed with those exceptions.**

I certainly was. But in the beginning of the 1970s, the Pavlovian theory was still prevailing all over the world. It was very appealing, you know. It yielded a physiological model that seemed to be very feasible. The idea that I can prove my hypothesis was not a sleep-like state came from an experience when I went to a movie. I saw a documentary film on the Vietnam War. The cameraman shot the picture from the North Vietnamese side. First there was a long shot of an attacking group of soldiers. Then those soldiers came closer and closer. The camera focused on one of the soldiers. This man was just about to kill. He ran closer and closer to the cameraman with a machine gun in his hand, so he was not in a sleep-like state at all. He was actually in a very highly aroused state, both emotionally and physically. But when his face got into the focus in close-up, I was shocked to see that his face was very much the same as the faces of the subjects I saw day by day in hypnosis! His face had the same "mask-like" quality, with open eyes, but with unfocused gaze. That very moment was an Aha! moment for me, so actually I sprang up and ran out of the movie, leaving my boyfriend behind. He ran after me – he and all the others may have thought I turned mad – and he asked me why I had run out. I said "I know I am right, because this soldier was in an altered state of consciousness, very similar to hypnosis, in a highly aroused state". Suddenly, like a flashback, I realized that in the history of mankind there were several rituals like shamanistic dances or voodoo, where people got into such altered states of consciousness...

### **...or like the whirling dervishes we saw in Istanbul...**

...or as dervishes, who were induced into ASC by a highly active state, sure! So I decided to prove with an experiment that not only the traditional rituals can induce altered states of consciousness by increasing the activity level, but even in the laboratory, we can induce a hypnotic-like ASC with a procedure that actually *increases* activity.

### **That's how you arrived to Active-Alert Hypnosis.**

That was it. It's actually quite simple. Instead of asking the subject to sit into an easy chair and listen to suggestions of getting more relaxed, drowsy, and sleepy, in the active-alert induction procedure, we ask the subject to ride a stationary bike, and start pedalling the bicycle. While exercising in this manner, s/he listens to the words of the hypnotist.

We give a feedback about the naturally occurring changes. Instead of saying “You become more relaxed, we say “You become more and more alert, more attentive. You can feel stiffness in your thighs. You can feel your blood is running in your vessels. Your breathing becomes faster but regular”, and so on. The structure of the induction is very similar to the traditional one that emphasizes relaxation, but we rather highlight activity and increment of arous-



al.  
**This may have a therapeutic effect.**

Indeed. It turned out that hypnosis with the active-alert method increases the susceptibility to suggestions to the same extent as the relaxation method does, and it also leads to ASC. But besides the similarities, there are many differences. These differences are very important for the therapeutic utilization. In active-alert hypnosis, people feel themselves more active and emotionally much more positive than in the traditional process. That's why this method is especially useful with depressed patients. There is one other advantage. As it turned out in our experiments with healthy volunteers, although people perform the suggestions at the behavioural level exactly the same way as in the traditional relaxation hypnosis, they feel that in this form of hypnosis, they are able to perform suggestions because they become so “strong” that they can do anything; while in the traditional form, they have the feeling they cannot resist the suggestions. So this method is very helpful with patients who need ego-strengthening.

**It seems to be associated with an increase in the sense of agency.**

It enhances the sense of agency by emphasizing the subject's activity, but it also increases the feeling of self-efficacy. Therefore it is also useful, for instance, with alcoholics or drug addicts.

**You have another innovation, rooted in your laboratory research projects as well, which has great therapeutic significance. It seems quite obvious today that we cannot fully understand hypnosis without examining what happens to the hypnotist, but it was quite an odd thought 30 years ago.**

I realized in the 1980s that although there were a lot of data about the hypnotized subjects, there was no evidence on the experiences and characteristics of the hypnotist, although it may also be important for an integrative theory. On the other hand, in the schools of hypnotherapy – especially in workshops with an Ericksonian perspective – they emphasized the qualities and the features a hypnotist should have. So there was a gap. The labs studied hypnotized individuals only, while therapists' trainings emphasized the skills of the hypnotist. After studying the hypnotized subjects with EEG and developing active-alert hypnosis, I began to realize that in order to understand the nature of hypnosis better, we have to study the *interaction* between hypnotists and subjects. From 1982, we began to study hypnosis from this interactional perspective; I think our findings somehow helped to bridge the gap between experimental and therapeutic hypnosis.

**Please give an example of how laboratory findings can inform or inspire therapy.**

We demonstrated the existence of interactional synchrony between the subject and the hypnotist. We studied how interactional synchrony “happens” in the hypnotists. It turned out that there are different patterns in the interactions. We applied a multidimensional recording. Not only the behaviour and the experiences of the hypnotized subjects, but also those of the hypnotists were recorded. There were some experiments where their psychophysiological responses like EEG, ECG, and galvanic skin response were also recorded. In some cases, a lot of interactional phenomena were found, like moving together, breathing together, even their heart rates changed in synchrony with each other. In other cases, relatively few synchronies appeared. It turned out that these *hypnosis styles* have some therapeutic implications. What we call “maternal” hypnosis, characterized by a high amount of interactional synchrony and free expression of emotions, is especially helpful in treating patients with early, preverbal developmental problems. Such problems are presented mainly by psychosomatic patients, borderline patients, and those with psychosis. On the other hand, patients with problems in a later phase of their development – like neurosis –, can be helped much better with the “paternal” type of hypnosis. This

style is characterized by much less interactional synchrony and by a rather cognitive and controlling attitude of the hypnotist, letting the subject less emotional expression. We learnt a lot about these styles from the subjective experiences of the hypnotists, reported after hypnosis interactions. Hypnotists preferring maternal style spoke about their own physical experiences, like warmth in their face, their own relaxation, as if they were learning the subjects' state from their own bodily reactions. Hypnotists using a paternal style, on the other hand, analyzed the situation cognitively, instead of speaking about their own subjective feelings and bodily sensations.

**These hypnosis styles seem to be useful in treating patients with different problems. Can you teach hypnotists to apply a style according to the patients' needs?**

Sure. If we look at the famous Ericksonian "pacing" and "leading" rules in the context of hypnosis styles, we can conclude that "pacing" is very characteristic of maternal style. In the hypnotherapeutic training classes of the Hungarian Association of Hypnosis, we speak about the importance of pacing with psychosomatic patients. Leading, on the other hand, is more associated with paternal style, when the patients, like those with phobias, need more "structured" and controlling attitude. Please don't misunderstand! Female hypnotists are not always maternal, and male hypnotists do not always use paternal style! Hypnotists of both genders can be engaged in both styles, if they are trained for that.

**You are a pioneer in your field of research, but also in leading roles: you were the first female president of both the European and the International Societies of Hypnosis. What was your mission as a leader? What did you want to transmit to the hypnosis community?**

I think I represented a new, more feminine style. I wanted both associations to be more democratic than in the time of my predecessors. I rather prefer to discuss things and work in a team than giving orders. I remember how we were able to get the right to organize the Eurohypnosis '96 in Budapest. There was a very strong competition in Vienna in 1993, with the French and the Dutch associations also running for organizing the next ESH congress. According to economical and financial conditions, both of them were in a much better positions than us, but our invitation had a special flavour: We used a humorous hypnosis induction as an invitation. This kind of humour, very characteristic of Hungarians, brought us success. I attribute this success to a very good team, where the atmosphere was warm, with a lot of laughing and fun, and cooperation, in-

stead of carrying out authoritarian orders. I have always thought that cooperation is much better for developing a good society, than to keep a very strong hierarchical structure.

**Maybe that's the secret why many senior colleagues still bring up how much they liked Eurohypnosis '96, the 7th ESH Congress in 1996 in recent conversations...**

We got very good feedbacks about both the organization and the venue. My intention has always been to help people discuss things instead of quarrelling; trying to understand each other's arguments instead of not communicating. It was a really important feature of the conference. We had a special program called "Hot Issues", which was brand new in those times. We invited experts who had completely opposing views on problems. I clearly remember the "State vs. Non-State theories of hypnosis" panel. First, the speakers did not even want to be in the same panel with the representatives of the opposing views, but afterwards, they began even to *cite* each other's work, and I am very proud of that!

**You are also a teacher, well known all over the world. You created a group consisting of scholars and researchers who have become leading figures in the field of research in hypnosis. What are your values in teaching and in transferring your knowledge to the younger generation?**

I think the secret is that I have always looked for students who didn't want to follow me, but who rather wanted to discuss things, and sometimes to argue, opposing my views. So I sought for original thinkers. I have always thought it was very important to discuss their ideas from the very beginning; so, sometimes I was sitting with fresh(women) discussing their first paper for hours...

**...correcting even their grammar mistakes, and making debates over each sentence...**

...until, late in the evening, the caretaker called us that she wanted to lock the building! Yes it is quite laborious. Still, helping them finding the beauty and the responsibility of conducting research and hypnotizing people is rewarding for me. It is a real honour and a very great responsibility. I find it very similar to hypnosis, because in a hypnotic situation, an individual allows us, hypnotists to get into a very close, intimate relationship with her or him. This relationship, in some ways, resembles only the most important, long-lasting relationships in our lives, like the parent-child relationship, friendship, or love. It is, again, honour and responsibility. We researchers are entitled by the society to make people en-



gaged in a delicate interpersonal situation, to understand the secret of such relationships. Our responsibility is to continue these investigations until we get really close to the essence of hypnosis. I have always thought that for me, hypnosis and hypnosis research is a source of joy and happiness, and I have looked for students who share this joy!

**Both at national and international levels, you have become a woman in a leading position in male-dominated contexts many times. For example, right now you are a principal research investigator at an oncology department. There are much more male than female oncologists. Did your gender hinder or help you in reaching your goals?**

I think it is helpful that I have always wanted to cooperate. I have never wanted to give orders or to dominate. Since working at a department of physiology for 15 years – where, at the beginning, I was the only female who had a scientific degree, all the other females were assistants –, and since I worked mainly with medical doctors, I learnt to speak their language. So my attitude was to learn as much as I can from them, and then to help them understand and discover that I can help them by other means. It's very similar to what I told you about teamwork. I never wanted to dictate, even though I'm the principal investigator in this research. I am eager to learn the opinion of other experts of the field. Although I became quite well educated now in the field of oncology, I am of course not a medical doctor. So in that field, I give the oncologists the leading role. And now, after 3 years of cooperation, I feel that they begin to realize that we can help them. It helped a lot that the patients who get our psychological help cooperate much better with them – and they appreciate it.

**Please tell me about this project. How did you get involved with the application of hypnosis in oncology?**

It had a personal motivation. In 2001, I discovered a lump in my breast, and as it turned out, this tumour was a malignant breast cancer that already gave metastases in the lymph. I got the treatment according to the protocol, chemotherapy and radiotherapy following the operation. My prognosis was really bad. My oncologist was surprised to see how well I managed with the side effects of the chemotherapy which was a rather aggressive one. In those days, it was in an experimental phase, and 99 of the 100 patients who got this therapy had to finish it prematurely, ahead of time. I was the only one who got the whole treatment according to the protocol, because my blood sample and my general condition

permitted carrying out the whole treatment. I realized that the reason of my successful coping with this dangerous disease was that I used self-suggestive methods and all my psychotherapeutic means that I used with patients before. Although I started my career as a whole-hearted researcher, I became a therapist, too. During my first stay in the USA at the Stanford Laboratory in 1973–74, when I participated in standardizing the Stanford Clinical Scale of Hypnosis, I realized that hypnosis was extremely effective in helping pain relief and improving the quality of life in different kinds of patients. Actually, I realized this after testing the Stanford Clinical Scale with a male patient who was in the terminal phase of stomach cancer; his heavy pain was gone, without giving him any analgesia suggestions. After this experience, I decided to fight for re-introducing hypnosis into medical therapy in Hungary. I decided taking training in hypnotherapy. My first trainer was Dr. Erika Fromm, who introduced hypnoanalysis to me. She invited me to her home several times, and we had very intensive training sessions. Then I continued my therapeutic training in Hungary in group methods, too, and I began my therapeutic work in 1981. So it was eleven years later than starting my career in research.

**I remember you telling us at a course that you had another Aha! moment in a hypnotherapy session, which led you to the interactive research paradigm.**

Yes. In fact, I got the idea of the interactional approach from treating a patient with ulcerative colitis. Initially, she was pretty much against hypnosis. Later on, after explaining to her what hypnosis is, she changed her mind. The very first time she allowed me to hypnotize her I applied Jack Watkins's affect bridge technique, in order to learn about the source of her symptoms. At one point, as I counted backward and she was getting back to the age of 2, suddenly, I saw intensive changes in her breathing, and her face became extremely pale. At this very moment, I myself felt a sharp pain at exactly the same spot where she usually had a strong pain because of her colitis. I have never had any problems with my gastrointestinal tract, so I realized immediately that the source of this feeling comes from her. From her report what actually happened to her at this age, it turned out that she had a traumatic experience. After this session, her colitis was completely cured in two and a half months. After 33 years of follow-up, the symptoms never returned.

**Even before your own illness, you had patients with cancer, so you were able to apply self-suggestions. I can imagine your oncologist was curious about how you managed to maintain a**

### **relatively good condition for the entire chemotherapy treatment.**

Certainly he was, but it did not mean that I could start giving hypnotherapeutic help to other cancer patients immediately. The oncologists wanted “hard” evidence. Thus, first I had to prove to them that it works. Being convinced by my healing, my first ally for fighting to conduct an experiment at the Department of Oncology was my oncologist. At the beginning, he was very sceptical. Then I gave him literature to read about the somatic effects of hypnosis, for example, the literature on immune strengthening. Step by step, he began to be less “resistant” to the idea. Now I only see cancer patients in my private practice. Some of them seemed completely hopeless for oncologists. Nevertheless, with the help of hypnosis, they got better, and some of them survived in spite of the very low chance for survival.

### **“Miracles”, the sceptics would say. Or, like your former bosses put, “the exceptions that prove the rule.”**

I would rather attribute these cases of healing to the power of hypnosis and the very strong beneficial effect of social support hypnosis can communicate. So step by step, in order to get hypnosis into a much better position in psycho-oncology, I had to prove to oncologists that hypnosis works. That’s why I decided to conduct a randomized controlled clinical research in this field. And as always, I work in a team, including hypnotherapist colleagues, my doctoral students, medical doctors, and a lot of undergraduate psychology students. One of my PhD students counted the number of volunteers helping in different tasks, like typing the subjective experiences of the patients after listening to the healing suggestions or the musical assemblies applied as control, or helping in data processing, things like that. We have already had more than two hundred expert volunteers who have worked in this project!

### **What do you see as the most essential of your findings? For instance, are there any significant differences between patients in the hypnosis group and those in the control groups?**

Of course, there are differences in the quality of life and in coping. Still, I think the most important finding is that even now, with only half way to the end of the research in terms of the designated number of subjects, we have already found statistically significant differences in white blood cell counts between the hypnosis and the control groups. Subjects in the hypnosis group show not only better results in the overall white blood cell numbers, but in different other parameters, like in the count of so the so-

called natural killer cells. So, “hard data” also show that patients listening to positive suggestions in hypnosis while getting their chemotherapeutic infusion are in better physical conditions and have more effective immune systems than those patients who do not get hypnosis. It’s important that the patients are randomly assigned into hypnosis or music control groups. Those patients who don’t agree to listening to hypnosis or musical assemblies are invited to participate in a study where the relationship between their physical and psychological state is examined. We measure exactly the same variables (blood sample, natural killer cell activity, psychological immune system, coping with illness, and quality of life; we ask them about their mood, their physical state; one of my PhD students is even analyzing their dreams) but they don’t listen either to hypnosis or to music. Certainly, personality differences between those who accept and do not accept hypnosis have to be taken in account. Those who volunteer for hypnosis are different in some aspects from those who do not. Understanding these differences may also help us in the future to offer effective psychological help to those who do not want to receive hypnotic intervention.

### **Since you left the ESH and ISH boards, what changes do you perceive in the field of hypnosis? Do you have a vision for the future of hypnosis?**

I think it is high time for hypnosis to go mainstream. Actually, that was the title of my keynote address when I became president of ISH in 2000. Since then, I feel that there are a lot of signs that hypnosis becomes accepted in mainstream neuroscience and psychology; nevertheless, I still feel there is a need



to get hypnosis into a much better position in medicine. My dream is that hypnosis will be used in somatic medicine as effectively as it deserves. Unfortunately, in spite of the hard pieces of evidence that hypnosis is a cost-effective tool in medicine, not only in pain relief, but in many other fields, too, it is still not recognized as a standard adjunctive intervention for therapy.

### **What do you recommend for young researchers in order to be successful in reaching this goal?**

It will be very helpful if they strive to learn the language of medical doctors, and apply the well-known technique of pacing and leading.

## **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...**

### **Vilfredo De Pascalis**

Vilfredo De Pascalis (VDP, birth year 1949), is a cognitive and affective neuroscientist, who investigates mental activity during hypnosis. His hypnosis research work is mainly focused on hypnosis modulation of pain perception in healthy individuals. His scientific interest is also devoted to the study of personality and individual differences on cognitive and affective control by using behavioural and EEG methods (ERPs, EEG-oscillations, electromagnetic neuroimaging), and autonomic responses (evoked heart rate, skin conductance, heart rate variability). He leads the Laboratory of Psychophysiology of Individual Differences and cognitive-emotional pro-

cessing at the Department of Psychology of "La Sapienza" University of Rome, in Italy (<http://dippsi.psi.uniroma1.it>), where PhD-granted students can conduct their psychophysiological research under his supervision.

He obtained a master degree in physics in the University of Lecce in Italy (1972), and later a research scholarship in Psychophysiology, granted by the National Research Council, at the Institute of Physiology, Medical School (1973-1974). Educational scholarship in Psychophysiology from the Italian Ministry of University and Research at Department of Psychology, University of Rome "La Sapienza", Italy (equivalent to the current degree of PhD, 1975-80).

VDP served in the role of researcher (1981-90), associate professor in Physiological Psychology (1991-2005), and currently in the role of full professor of General Psychology at the Department of Psychology, "La Sapienza" University of Rome.

His work has been targeting a number of areas of cognitive and affective psychophysiology that highlights the modulatory effect of individual differences on emotional processing. In addition, VDP and co-authors provided electrocortical evidence that analgesia suggestions in hypnosis are effective for pain reduction. He served as vice-President and Councilor of the Italian Society of Psychophysiology (SIPF, 1993-95 and 1996-2006) and as Action Editor of the International Journal of Psychophysiology (2006-2010).

He serves as editorial consultant of the International Journal of Clinical and Experimental Hypnosis (1999-present) and as a reviewer for many journals (e.g., Biological Psychology, Cerebral Cortex, Clinical Neurophysiology, European Journal of Pain, International Journal of Psychophysiology, Neuroimage, Neuropsychologia, Neuroscience Letters, Pain, Personality and Individual Differences, Physiology and Behavior).

He is in the Board of Directors of the International Organization of Psychophysiology (IOP) and of the International Society for the Study of Individual Differences (ISSID). He is member of the International Society of Hypnosis and of the International Society of Clinical and Experimental Hypnosis.





## 2015 ISH Hypnosis Research Update (Paris, August 26, 2015) Neuroscience and Hypnosis: Implications for State and Non-State Views

The Research Update held in Paris, organized by M.E. Faymonville and M. P. Jensen. For the Newsletter, **Vilfredo DePascalis**, one of the reviewers summarizes the studies presented. In the coming issues we will present the reflections of the speakers and other reviewers.

The symposium “Neuroscience and Hypnosis: Implication for State and Non-State View” which took place during 20th International World Congress in Paris, yielded very interesting and stimulating discussions in order to encourage new researches and integrate psychological and neurobiological aspects of hypnosis. The aim of the discussion was to help lift the field of hypnosis toward a new generation of research that can successfully coordinate multiple methods of investigation.

After the invited scientists had presented their research work on neuroscience of hypnosis, an animated discussion followed on a number of relevant points on the relevance of hypnotic susceptibility and the implications of the presented findings with respect to the state/non-state debate.

If on one hand there has been a general consensus that individual differences in hypnotic susceptibility are reflected on different neurobiological measures, on the other hand participants found it difficult to delineate a specific brain state of hypnosis on which to articulate a cohesive research plan for a neuroscience of hypnosis.

As far as the discussion on individual differences in hypnotic susceptibility and neurophysiological correlates is concerned, Devin Terhune, has outlined the heterogeneity in suggestive responding among high hypnotic susceptible subjects (see also McConkey, Glisky, Kihlstrom, 1989; McConkey and Woody, 2003; Terhune and Cardena, 2010, 2015). Indeed, Terhune and Cardena (2010, 2015) identified two subtypes: “inward attention” and “dissociative”. The demonstration that hypnotic susceptibility is not a general unitary trait may account for reported incongruent findings in high susceptible participants, since people with the same level of hypnotic susceptibility may display salient variability in the types of hypnotic suggestions to which they respond (Woody and McConkey, 2003; McConkey & Barnier, 2004; Galea et al., 2010; Terhune et al., 2011a, 2011b) and, particularly, in attentional mechanisms underlying their responses (e.g., Galea et al., 2010).

If we assume that hypnotic susceptibility scales mostly measure the effects of responsiveness to sug-

gestion, not the effects of hypnosis (Weitzenhoffer, 1980), then it seems clear enough, from the findings presented in this symposium, that individual differences in hypnotic suggestibility or hypnotic susceptibility have a psychobiological root. I think that the idea proposed by Woody and McConkey (2003) to move toward a componential perspective of individual differences in hypnotic susceptibility may be a good way to approach this question.

In this direction are fMRI findings reported by Patrik Vuilleumier that high hypnotic susceptible individuals compared to low ones show higher flexibility in attention and greater ability to dissociate.

Research presented by Devin Terhune has also outlined reduced frontal-parietal functional resting EEG connectivity in high suggestible individuals, while high and low suggestible individuals evidence differences in concentrations of GABA in a frontal-striatal circuit.

Christian Rominger and co-workers have investigated the relationship of the dopamine-related COMT polymorphism with hypnotic susceptibility and paranormal beliefs by taking into account individual differences in executive attention. Homozygosity for the COMT Met allele, putatively linked to the capability or proneness to dissociate from reality, was associated with high hypnotic susceptibility, only if paired with high-attention ability.

From Vuilleumier and Terhune’s presentations it emerges that high hypnotic susceptibility subjects have a better capacity to focus their attention and to dissociate.

In addition, Vuilleumier underlines how this capacity is modulated by a stronger connection between rIFG (right inferior frontal gyrus) the default mode network, suggesting a tighter dialogue between internally and externally driven processes (Cojan et al., 2015).

Terhune suggests that high hypnotic susceptible persons have a weaker fronto-parietal lobe connectivity rather than low hypnotizables and this may be a reason why they are more responsive to hypnotic induction (see review by Woody and Sandler, 2008). The results are also consistent with the hypothesis that high hypnotic susceptible persons show impaired executive function after the hypnotic induction, thus the subjects have high ability to focus attention on suggested tasks (Jamieson and Sheehan, 2004; Egner et al., 2005) and to dissociate from external events by reducing functional connectivity across the frontoparietal cortex (see, e.g., Bob et al., 2010). Alteration in executive functioning is common to both “dissociative” phenomena (e.g. hallucinations, amnesia, amnesia) during hypnosis and possibly to dissociative disorders in clinic. Dissociative phenomena induced in hypnosis and the associated functional neural activity may serve as a model to recreate and

understand, in a controlled context, the dissociative symptoms present in post-traumatic stress disorders or dissociative disorders (Spiegel and Cardena, 1990).

Rominger's study is in line with the hypothesis that hypnotic susceptibility level is dependent on central dopaminergic system and this has an important clinical implication. This finding is in line with previous research showing that attentional abilities are connected with the activity of the central dopaminergic system (Lichtenberg et al., 2004, 2007; Raz et al., 2006). The enhancement of the startle response and its inhibition is dependent on the increased or decreased activity in the dopaminergic system. Lichtenberg and co-worker (2007) hypothesize that the reduced inhibition of the startle response found in high hypnotic susceptible individuals parallel observations obtained on psychotic disorder patients disclosing auditory hallucinations (Swerdlow et al., 2006). Research has demonstrated that auditory hallucinations in both highly hypnotizable individuals undergoing hypnosis (Szechtman et al., 1998) and in schizophrenia patients (Allen et al., 2007) is associated with the activation of dopaminergic system.

On this basis, a pharmacological therapy devoted to enhancing the dopaminergic activity may have practical implications in modulating hypnotic susceptibility and in enhancing the efficiency of specific psychotherapeutic treatments. The authors propose to deeply investigate the relation between auditory hallucination and history of child abuse, ac-

cording to the hypothesis that the trauma is characterized by a dissociative symptomatology and that childhood traumas can predispose the victims to a higher hypnotic susceptibility (Bryant et al., 2001).

Patrik Vuilleumier has presented fMRI findings in favor of the hypothesis that high hypnotic susceptible individuals have higher flexibility in attention and greater ability to dissociate (since these subjects have the rIFG functionally more connected to the default mode network (DMN) suggesting a tighter dialogue between internally and externally driven processes.

Devin Terhune has reported a reduced frontoparietal EEG connectivity in high hypnotic suggestibility individuals during hypnosis.

Graham Jamieson found that effective hypnosis amnesia is associated with increased connectivity in the upper-alpha oscillation band in specific brain areas.

Demertzi has reported an enhanced connectivity in midline frontal DMN and a decrease in information gathering from the external world, while McGeown has shown resting state evidences for a reduced frontal connectivity in high suggestible participants indicating a reduction in self-awareness. Although these findings are indicating apparent opposite direction of information processing, I think that both are an expression of a multifaceted complex phenomenon dependent on task-related and subject-related experience of hypnosis.

Of particular interest are the findings addressed by



Back row -left to right:

Christian Rominger, Graham Jamieson; Devin Terhune; William McGeown; Patrik Vuilleumier; Antione Lutz

Front row - left to right:

Enrica Santarcangelo; Giuliana Mazzoni; Éva Bányai; Vilfredo De Pascalis; Athena Demertzi; Marie-Elisabeth Faymonville; Mark Jensen

Giuliana Mazzoni who has pointed out that findings from studies devoted to demonstrating a uniquely neural substrate of hypnosis are equivocal since it is still unproven that there is a causal relation between changes in brain activity produced by hypnotic inductions and changes produced by other suggestions during hypnosis. She has also underlined the important and critical role of adequate methodological designs in order to understand whether specific brain markers are associated with hypnosis per-se.

However, in a recent study by Sakari Kallio and Mika Koivisto (2016), behavioral and subjective evidence has been provided that hypnosis can alter the functioning of automatic visual processes, but only in some of the most hypnotizable individuals (“virtuoso”). The authors have reported that while observers could imagine colors in the Mondrian figure without hypnosis, a posthypnotic suggestion was necessary for seeing altered colors, even for a hypnotic virtuoso. This finding is in contrast with reported changes in the color of objects due to suggestions given in normal waking state (Kosslyn et al., 2000; Mazzoni et al., 2009; McGeown et al., 2012). In the Kallio and Koivisto study, high hypnotic susceptible participants stated clearly that they could ‘imagine’ the figure in altered colors in their mind’s eye, but they could not really see such changes ‘in the figure’, raising the possibility that imagery and seeing has been confounded in the previous studies (Mazzoni et al., 2009; McGeown et al., 2012) reporting alterations without hypnosis.

As far as the clinical implications about altered/non-altered state of consciousness in hypnosis is concerned, these discussions may enlarge the gap between the scientific research and the clinical practice itself. Indeed, while scientists do not find it fruitful to demonstrate the validity of state vs. non-state view, a clinician can use the “state of hypnosis” as a contextual tool (social placebo/priming, or meta-suggestion) to enhance the therapeutic efficacy. It is known that defining the context as hypnotic, rather than “relaxation”, enhances the client hypnotic susceptibility (Gandhi and Oakley, 2005). In addition, a number of studies have shown a direct association between hypnotic susceptibility and the efficacy of psychological and/or pharmacological treatment (Kirsch et al., 1995; Braffman and Kirsch, 1999; Montgomery et al., 2000; Brown, Antonova, Langley, Oakley, 2001; De Pascalis et al. 2002; Flammer and Bongartz, 2003; Gandhi and Oakley, 2005; Wark, 2008; Spiegel et al., 2014). Anyway, a good psychotherapist should be able to utilize the specific hypnotic abilities of each subject for the therapeutic aims (Yapko, 2013).

Hypnosis can be used as a tool to artificially reproduce and understand the phenomenology of clinical symptoms such as post-traumatic dissociation,

trance or possession state, schizophrenia, “hysteric” symptom, and other psychological and medical conditions (Kihlstrom, 2013; Jamieson and Burgess, 2014). In particular, hypnosis can be modeled to study “hysteria” and other forms of psychopathology (Kihlstrom, 1979; Bell et al., 2011; Kihlstrom and McGlynn, 1991; Oakley, 1999; Halligan et al., 2000; Mendelsohn et al., 2008; Oakley and Halligan, 2013; Vanhaudenhuyse, 2014; De Pascalis et al., 2015). According to Kihlstrom, (1997) the hypnosis condition and hysteria share a similar neural substrate that cause alteration in monitoring and controlling functions of consciousness, regardless of the specific content of the suggestion or symptom (Kihlstrom, 2013). Furthermore, Halligan and co-workers (2000) have reported that during suggestions used to elicit a paralysis of a leg, the same cortical areas were involved in hysterical paralysis ACC (Anterior Cingulate Cortex) and orbitofrontal cortex. Mendelshon and co-workers (2008) have demonstrated the involvement of occipital, temporal, and prefrontal cortex in both post-hypnotic amnesia and clinical symptoms of psychogenic amnesia.

Furthermore, in the *Post-Traumatic Stress Disorder* (PTSD) and/or dissociative disorders, hypnotherapeutic intervention can be used to empower the clients by letting them use the natural capacity to dissociate to their own advantage (Spiegel and Cardena, 1990).

These examples illustrate the flexibility and clinical utility of hypnosis to understand clinical syndromes and better underline the differences between the hypnosis condition and clinical psychopathologies model in terms of affect, duration and severity (Oakley and Halligan, 2013).

In conclusion, paying particular attention to fit the experimental design with the aims of the study, future research, using high, medium and low hypnotic susceptibility levels, should take into account: (1) subjective experience and behavioral/physiological signature of hypnosis, (2) differences between suggestive responding in waking and hypnosis, (3) the value of hypnotic context per-se in inducing changes on information processing, (4) individual differences of hypnotic susceptibility and its subcomponents and (5) a contribution for the comprehension of the clinical syndromes like dissociative disorder, conversion disorder, “hysteria”, schizophrenia, etc..

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## Findings of Note

### Prominent Papers in Clinical and Research Hypnosis

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

*Hypnosis between 2000 and 2007.*

It is a pleasure to report to you that I find a constantly increasing number of extramural publications on hypnosis, in many high quality journals of clinical areas and experimental sciences. In the last “Prominent Findings”, four articles were reviewed, on the effect of hypnotic suggestions on sleep quality, on enhancement of coping in sclerosis, on reduction in dental anxiety and on relaxation of the jaws (also essential in dental interventions). For the current issue I selected two clinical and two experimental studies. The former ones address a rather common problem which was largely neglected in hypnosis literature in the last decades, though it may disable the patients to a large extent: this is stuttering. In the two research papers, neuroimaging is used to address unresolved questions of hypnosis. One of them gives further insights to the exciting question whether we can decide how hypnotizable someone is based on her/his waking brain activity. The other one is very important, too: It deals with hypnotic mood induction, which is a “royal” way to integrate extrinsic hypnosis into the research of emotions.

I hope these will bring some new insights to seasoned hypnosis experts, and certainly you are encouraged to share them with novices or those colleagues who you think may benefit from getting familiar with hypnosis.



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**Kaya, Y., Arslan, A., Avci, S., Edizer, B., & Tamer, A. (2015). Synchronized Action of Breathing and Diaphragm by Hypnosis Assisted Abdominal Weightlifting Exercises and Ego Strengthening for the Treatment of Stuttering “Kaya Method”. *Procedia-Social and Behavioral Sciences*, 193, 153–164. DOI: 10.1016/j.sbspro.2015.03.255**

Stuttering or stammering, according to the WHO definition, is a speech disorder in which the flow of speech is disrupted by involuntary repetitions and prolongations of sounds, syllables, words or phrases as well as involuntary silent pauses or blocks in which the person who stutters is unable to produce sounds. It is associated with stress, shame, disability and depression. It usually starts in childhood (along with speech production.) Its cause is unknown, although we have evidence for that it may have a genetic basis. It can be related to a developmental disability or injuries to the brain. However, in many cases, psychological problems (e.g. family dysfunction or other stressful situations) induce stuttering. In the 1940-60's, case studies were published on the effect of hypnotherapy on stuttering, for instance by Livingood (1941), McCord (1955) or Falck (1964); but since then, with a few exceptions (e.g. Moss & Oakley, 1997), the topic was not intensely discussed in literature of hypnosis.

Hypnotherapy can reduce stuttering at least on two levels. First, specific suggestions can be given to the client to change the rhythm of inhaling and exhaling during speech. This may provide rebalancing of the disrupted speech tempo. At the other level one may induce suggestions for ego strengthening, enhancing self-confidence, rewarding phases of continuous speech, and reducing speech anxiety. Kaya and his colleagues developed an innovative method, combining exercises for diaphragmatic breathing and an 8-session hypnotherapy in the management of stuttering. The training program focused on strengthening respiratory muscles and improving diaphragmatic movements by instructing People Who Stutter (PWS) to practice abdominal weightlifting.

The purpose of the hypnotherapy component was to alleviate anxiety, boost self-confidence and increase motivation for abdominal weightlifting training. The hypnotherapy consisted of eight sessions spread over eight days and each session lasted approximately 60 to 90 minutes in duration. After each hypnotic session, the patient was instructed to practice abdominal weightlifting for two hours at home. The abdominal weightlifting exercises involved lifting a dumbbell (2.0–4.0kg) by abdominal movements concomitantly doing breathing exercises using their diaphragm. Whilst this exercise is taking place the patients were instructed to spell out letters, syllables,

words, and sentences step by step using their diaphragmatic breathing.

Thus, hypnotic procedures were utilized to increase motivation and self-confidence for the patient to practice abdominal weightlifting at home without the instructor. Hypnotherapy sessions consisted of a) hypnotic induction, b) relaxation to induce inner calmness and to relieve anticipatory anxiety, c) hypnoamnesia to relieve anxiety, panicky feeling and sense of grievance, d) hyperamnesia to evoke ego strengthening suggestions and to instill the belief that the mind and body are intelligent and equipped with the ability to take care of the body functions, e) past-progressions (to situations that triggered stuttering and consequent negative reaction in the past) and forward-progressions (freedom from stuttering and associated positive consequences in the future), f) eye and body catalepsy for ratifying the power of the mind over the body, g) positive suggestions to counter cognitive distortions, and h) posthypnotic suggestions for dealing with unforeseeable difficulties in the future.

The efficacy of the so-called “Kaya’s Method” was tested with the participation of 74 adults with speech fluency disorder and a control group consisting of 74. The pre- and post-measurements of stuttering (according to a scoring system, applied to 5-minute video recordings of the participants’ speech, rated by trained judges) were found to be statistically significant. The results of the study provide support for the effectiveness of hypnotically-assisted diaphragmatic exercises in the management of stuttering, although I have to note that I missed at least some simple measures of stress, depression and coping. Still, this study clearly demonstrates that a combination of hypnotherapy and easily applicable physical training can induce remarkable reductions in stuttering. In the article, one of my favorite Turkish words was mentioned:

*Çekoslovakyalılaştıramadıklarımızdanmısınız?*, which can be translated as: ‘Are you one of those people whom we could not make to be Czechoslovakian?’ – Turkish is definitely a hard language for stutterers...

**Zloof, A., & Ezrati-Vinacour, R. (2015). Hypnosis as a Technique for the Treatment of Stuttering. *Procedia-Social and Behavioral Sciences*, 193, 357. DOI: 10.1016/j.sbspro. 2015.03.325**

Unfortunately this article was just published as an abstract from the 10th Oxford Dysfluency Conference, ODC 2014, 17-20 July, 2014, Oxford, United Kingdom. It is still worthy to mention it here, as the authors used both implicit and explicit measures of stuttering itself and its psychological correlates to

see whether a 8-sessions hypnotic intervention reduces these symptoms. This study examined the influence of hypnotic therapy on a PWS (Person with Stutter) volunteer. The stammering was analyzed in two ways:

- 1) Measurement of the overt stammering:
  - a. percentage of stammering syllables,
  - b. Stuttering like dysfluency,
  - c. average number of repetitions.
- 2) Measurement of covert stammering was done by:
  - a. Speech Situation Checklist-SSC,
  - b. State Trait Anxiety Inventory.

During the hypnosis, the volunteer was offered suggestions of ego strengthening, treating past traumas, and enhancing his/her sense of control. The treatment took place through 8 treatment sessions and one follow up session. The suggestions were offered to try to reduce the severity of both the overt and covert features of stammering. The stuttering was recorded while reading and spontaneously speaking in the beginning and ending of each session. In addition, two questionnaires were filled in at the beginning and ending of therapy. The results showed that the stammering severity was reduced at the end of each session compared to the beginning.

The results also showed that some of the improvements only lasted a short period of time while others lasted until the follow up session. Moreover, the covert features of stammering pointed to a change in the subject's feelings and perceptions. In my opinion, it would really be worthwhile to repeat the case study in a randomized controlled setting with many PWS students and non-stutterers.

**Cojan, Y., Piguet, C., & Vuilleumier, P. (2015). What makes your brain suggestible? Hypnotizability is associated with differential brain activity during attention outside hypnosis. *NeuroImage*, 117, 367-374. DOI: 10.1016/j.neuroimage.2015.05.076**

Empirical evidence has been constantly aggregating on the neural substrate of hypnotic mechanisms. An important direction of neuroimaging studies in hypnosis is the search for differences between low and high hypnotizable subjects. (The authors, contrary to the title properly use "hypnotizable" or "susceptible" throughout the article but not "suggestible" which is, in fact, just a component of hypnotic response.) These studies, however, were mostly carried out on subjects who had been in hypnotic state when the neuroimaging examinations were carried out; a notable exception is the work of Hoeft et al. (2012). The cognitive and psychophysiological models of hypnosis emphasized the importance of attentional processes in accounting for hypnotic phenomena,

but their exact nature and brain substrates are still undetermined. The individual variability in hypnotic responsiveness is often attributed to differences in attentional functioning such as greater ability to filter irrelevant information and inhibit prepotent responses. However, behavioral studies of attentional performance outside the hypnotic state have provided conflicting results. Cojan, Piguet and Vuilleumier used fMRI to investigate the recruitment of attentional networks during a modified flanker task in participants with different levels of hypnotizability.

The flanker task is an attentional test in which the subject has to indicate the color of a target which is surrounded by "flankers" of either the same or different colors (Eriksen & Eriksen, 1974). The task was performed when the subjects were awake (not in hypnosis). While behavioral performance did not reliably differ between groups, components of the fronto-parietal executive network implicated in monitoring (anterior cingulate cortex; ACC), adjustment (lateral prefrontal cortex; latPFC), and implementation of attentional control (intraparietal sulcus; IPS) were differently activated depending on the hypnotizability of the subjects: the right inferior frontal gyrus (rIFG) was more activated, whereas IPS and ACC were less activated by high susceptible individuals compared to those with low hypnotizability. The results demonstrate that susceptibility to hypnosis is associated with particular executive control capabilities allowing efficient attentional focusing, and point to specific neural substrates in right prefrontal cortex. Thus, it was demonstrated that outside hypnosis, low hypnotizable subjects recruited more parietal cortex and anterior cingulate regions during selective attention conditions suggesting a better detection and implementation of conflict. However, outside hypnosis the right inferior frontal gyrus (rIFG) was more recruited by highly hypnotizable subjects during selective attention conditions suggesting a better control of conflict. In sum, low hypnotizables gave faster responses to the test but they made more errors; high hypnotizables were slower, but they made fewer errors. However, when latency and accuracy were integrated into a global index of attentional efficiency, this index was (slightly) negatively correlated to hypnotizability.

This suggests that we cannot simplify the relationship between attention and hypnotizability with either group: it seems that *they use different attentional strategies to solve the same task with more or less similar effectiveness*. In highly hypnotizable subjects, the rIFG was more connected to the default mode network, suggesting a tight dialogue between internally and externally driven processes that may permit higher flexibility in attention and underlie a greater ability to dissociate.

It has to be noted that the subjects were selected based on their Harvard Group Scale scores, though the C version of the Stanford Hypnotic Susceptibility Scale (or its group version, the Waterloo-Stanford Group Scale) contains way more suggestions that probe into cognitive-perceptual areas. Maybe applying the latter scales would have made clearer differences in the Flanker task performance of the low and high hypnotizable subjects.

**Hasegawa, C., & Hirono, N. (2014). Neural substrates of positive emotion induced in hypnosis. *International Journal of Psychophysiology*, 94 (2), 242. DOI: 10.1016/j.ijpsycho. 2014.08.930**

The reviewed work is an abstract of a presentation at the 17th World Congress of Psychophysiology, held in Hiroshima, Japan, 23-27 September 2014. It is a piece worthy of note because it is a good example of how hypnosis can be used “extrinsically” (Reyher, 1962), to create or model other psychological phenomena; in this case, a positive emotional state. There a number of techniques have been developed to induce positive mood status in a laboratory. Hypnosis, as well as imagination or adopting facial expression, is one of the widely used mood induction procedures, and the elicited emotion under hypnotic mood induction procedure (HMIP) is considered to be ‘genuine’ (Friswell and McConkey, 1989) because hypnotized subjects are subjectively convinced of the reality of the suggested mood.

In this study, the authors applied HMIP to investigate the neural substrate of positive emotion using functional magnetic resonance imaging (fMRI). Thirty seven right-handed healthy participants who had not reported history of neurological and psychiatric problems took part in the experiment. They were voluntarily participants and provided written informed consent. Among the 37 participants, 10 are evaluated as highly hypnotizable participants by Stanford hypnotic scale, Form C (SHSS:C) and proceeded in the following fMRI experiment. Prior to an fMRI experiments, it was confirmed that the participants could intrinsically evoke strong positive emotion of happiness and change quickly into neutral (non-happy) states under the hypnotic suggestions. The blocked-designed fMRI experimental paradigm were proceeded the hypnotized participants to alter their emotions under auditory hypnotic suggestions in each block which continued 30s. A total of three sessions, consisting of 4 conditions (happy induction, happy state, neutral induction, and neutral state) were repeatedly executed. In each session, the valence of happiness was also rated on a 10-point scale of 0 (not happy at all) to 10 (the happiest as long as you imagine). Functional MRI was performed

on a 3-Tesla magnetic resonance scanner with echo planar imaging, and the data were processed using Statistical Parametric Mapping. Compared with the neutral state, the participants who had evoked spontaneous positive emotion showed an overactivation in left supplementary motor area (SMA) that had been reported in relation to the emotional process in previous investigations (Etkin, Egner, & Kalisch, 2011).

This result indicated that HMIP is an effective technique to elicit intensive and intrinsic positive emotion, which is related to the SMA which could be the pathway of the prefrontal top-down emotion regulation circuitry. Although it does not turn out from the abstract, but many clinical experiences underscore that simply reconstructing positive emotional states in hypnosis (e.g. by suggesting the client recall a happy memory) may genuinely and sustainably increase or restore happiness (Ruysschaert, 2015). Therefore the study of Hasegawa and Hirono is not just a demonstration of how extrinsic hypnosis can model other psychological constructs, but also may have deep implications for hypnotherapy.

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## ESH President's Letter

### Consuelo Casula

The Paris congress was like an ecstasy for many of us. It was the biggest congress in the history of hypnosis with around 2500 attendants coming from 36 nations and with an astonishing faculty. For this interesting and memorable experience we thank first the then president of ISH, Julie Linden, and its board and the hosting society CFHTB president, Patrick Bellet, and their societies. Now, the current ISH president Claude Virot has three years to replicate his personal and professional success organizing the next ISH congress in Montreal 2018. Claude has a new board with two new entries, our immediate past president, Nicole Ruyschaert, and the Enayatollah Shahidi: both will bring their commitment and their creativity to the ISH board.



ESH is also grateful to both the ISH and the CFHTB for their generosity in hosting our Council of Representative (CoR) during their congress. Also our CoR meeting has been a success from different points of view. First we had 26 representatives from our 37 constituent societies.

Second the representatives were involved in five focus groups and gave ESH creative ideas to work on in the following two years on 1) How can ESH support your Society?; 2. What can be done to encour-

age research?; 3. Which professions could be considered to be trained in hypnosis?; 4. How can hypnosis be monitored and promoted in Europe?; 5. Ideas for the future ESH congresses.

Third the representatives gave us good feedback on the new organization of the CoR meeting. Actually, the innovation to engage them actively with the focus groups was particularly appreciated. The overall impression of the 20 responses to the questionnaire of evaluation of the CoR meeting scored 4.5. (from 1, not interesting, to 5, very interesting) ranging from 4.1 to the question related to the questionnaire sent to the CSs, to 4.7 to the focus group. We thank each and every participant for his or her interesting contribution.

Fourth, Ann Williamson of the British Society of Clinical and Academic Hypnosis (BSCAH) presented the next ESH congress to be held in Manchester August, 23th to 26th, 2017, inviting us to *unlock hidden potential* and to discover *the value of hypnosis in communication, health and healing in the 21st century*, as the title of the congress, and to explore the beauty of Manchester and its historic and modern surroundings.

For this successful CoR meeting the ESH board deserves a particular thank you for thier contributions to the meeting and especially to our Vice-president and chair of the CoR, Kathleen Long, who was also responsible for its sweetest part: the tasteful cake with the ESH logo on top. With the cake ESH wanted to celebrate its 25th anniversary since its independence from ISH in 1990. Since it was also Ali Esref Muezzinoglu's (from the Turkey Society of Hypnosis, THD) birthday, all the participants sang Happy Birthday to him. With a sweet taste in our mouth and with the joy of singing together, we concluded the CoR meeting wishing to see you all at the next CoR during the next ESH congress in Manchester, August 2017.

## 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, who passed the ball to Xin Fang from China, who passed the ball to Krzysztof Klajs.



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

I was a participant of a one week long classical hypnotherapy training, in April 1983 at the Medical University, Krakow, Poland. Psychotherapy was not welcome in communist countries, especially till the end of

the 1960s. There was a deep thirty year gap in that field here, but hypnosis was an exception. That teeny creek of hypnotic procedures has never dried up. Classical hypnosis was academically practiced by some physicians, mostly in psychosomatic area and later also in psychiatry.

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

I got a lot of help from my professional friends during a painful cancer experience, especially during hard recovery time and chemotherapy. Hypnosis was enormously helpful. Many times I had a wonderful feeling of being surrounded by good, external energy. That was also very useful years later to develop my own self hypnosis capacities in other painful situations.

**3. Is there anyone whom you consider as your master, whom you admire among hypnotists /**

**hypnotherapists? Someone who most deeply influenced you or your approach?**

I was very lucky to meet marvelous masters and teachers. Sometimes I feel like a patchwork composed of different meetings. Jeff Zeig gave me an ongoing professional and personal support. Bernhard Trenkle is my close, lovely older brother; his stories and respect to divergence are unique. Brent Geary is the most precise and effective teacher I have ever met. Jane Parsons-Fein gave me a model of joy, passion and vitality. Norma and Phil Barretta left a vision of long happy life in me. Ernie Rossi is my master of client acceptance and novelty detection.

**4. What is your favorite book?**

It all depends on my mood. Jaroslav Hasek “Good Soldier Schweik and Other Strange Stories”, Abe Kobo “The Woman in the Dunes”, Grimms’ Fairy Tales. From professional field there are “Uncommon Therapy” by Haley and “Collected Papers of Milton H. Erickson”.

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

Different kinds of sports activities. I like to go to the Institute by bike, all year round. It is about forty minutes each way, enough to reset myself after a hard day. I love skiing in winter, but summer swimming is my favorite. Long distance swimming is clear trance experience. Weightless, timeless, somewhere between blue sky, white clouds and deep clear lake water, experiencing wholeness and integrity of your body. Rhythm of skimming water sounds. Beyond imagination.

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

I would like to admire small moments of happiness more, to notice it just in time, exactly when it appears, in between seconds.

**7. Which human feature do you admire the most?**

Zest for life, passion and hope.

**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.)?**

I like to plan and take care of gardens. It is a great pleasure to see twenty years later trees, flowers and

bushes in the shape and places you were able to imagine earlier. I am good at helping climbing roses to grow and blossom, I suppose.

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

Love, love is all you need... the only thing is love.

**10. Question of Xin Fang: You've been to China several times. Compared to other countries, what are the peculiarities impress you most during your traveling and teaching in China?**

I am impressed by a few things. You are so open to study, so motivated, so active with asking a lot of questions - it gives a lot of satisfaction to the teacher. You are very demanding as students but on the other hand you create very comfortable conditions for the teacher. It is a perfectly equalized situation and I see you as a thousand years old masters of

balance. Your hospitality is charming.

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

Jeff Zeig.

You are extremely active all your professional years.

Would you describe or name an experience you really appreciated, that gave you a deep professional satisfaction?



**Thank you!  
Board of Directors 2012-2015**

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Mark Jensen, PhD (USA)  
Claude Virot, MD (France)  
Camillo Lorioed, MD, PhD (Italy)  
Bernhard Trenkle, Dipl. Psych. (Germany)

Giuseppe De Benedittis, MD, PhD (Italy)  
Waltmade Hartman, PhD (South Africa)  
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Consuelo C. Casula, PsyD (Italy)  
Franck Garden Brèche, MD (France)  
Katalin Varga, PhD (Hungary)





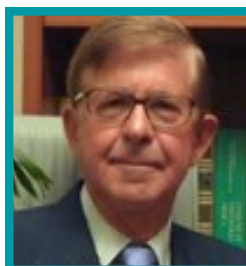
## Welcome! Board of Directors 2015-2018



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## AWARDS Paris, 2015

### ISH 2015 Award Committee

Chairs:

- Peter Bloom and Camillo Lorio

Members:

- Giuseppe de Benedittis
- Frank Garden-Brèche
- Woltemade Hartman
- Nicole Ruysschaert
- Albrecht Schmierer
- Wilma Sponti
- Bernhard Trenkle
- Katalin Varga

### 2015 Ernest R. Hilgard Award for Scientific Excellence

To

**Marie-Elisabeth Faymonville, M.D.**

Whose lifetime of published experimental work substantially advances the understanding of the process of hypnosis and the ability to predict the outcome of its applications.



### 2015 Helen H. and John G. Watkins Award for Excellence in Teaching

To

**Claire C. Frederick, M.D.**

An awardee who exemplifies a lifetime of excellence in the teaching of hypnosis for use in clinical and research settings.

### 2015 Jay Haley Early Career Award for Innovative Contributions

To

**Mark P. Jensen, Ph.D.**

To awardees early in their career whose writing, teaching, leadership and clinical/scientific work have shown substantive advances in the understanding and practice of hypnosis.



### 2015 Helen H. and John G. Watkins Award for Excellence in Teaching

To

**Jeffrey K. Zeig, Ph.D.**

An awardee who exemplifies a lifetime of excellence in the teaching of hypnosis for use in clinical and research settings.



### 2015 Pierre Janet Award for Clinical Excellence

To

**Teresa Robles, Ph.D.**

Whose lifetime of published clinical experience substantially advances the understanding of the uses of hypnosis in obtaining effective results in clinical practice.

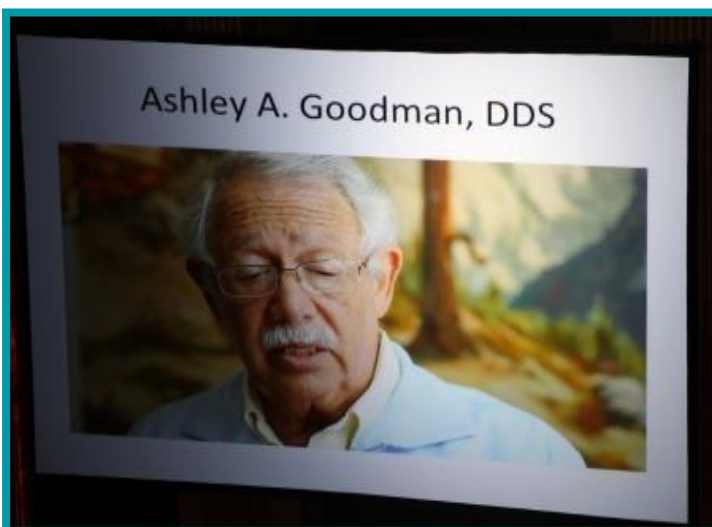


### 2015 Kay F. Thompson Award for Excellence in Dentistry

To

**Ashley A. Goodman, D.D.S.**

Whose lifetime of demonstrated clinical experience substantially advances the understanding of the uses of hypnosis



### 2015 Benjamin Franklin Gold Medal

To

**Éva I. Bányai, Ph.D.**

Distinguished scientist whose outstanding research, innovative ideas, and passionate commitment has advanced our knowledge and helped establish a bridge of understanding between mechanisms of hypnosis, and promoting its application in clinical work.





## Welcome to ESH 2017

The British Society of Clinical and Academic Hypnosis (BSCAH) and The European Society of Hypnosis (ESH) would like to welcome you to Manchester for our sociable and thought-provoking ESH 2017 Congress. We have a great venue, some very good speakers and an opportunity for all our friends in Europe to come and either present or attend many interesting workshops and discussions, to share approaches and learn from each other. We will have a wide variety of poster presentations and an exhibition space, as well as a breakout room for those who need to relax for a while.

One of the important themes of this conference is friendship and inclusivity; your delegate fee includes all refreshments and lunch on each of the days. If you have never been to an international congress before, this is the one to choose! You will be welcomed and supported throughout the event, which we are sure you will find exciting and relevant to your practice.

Manchester is a wonderful city – easy to get to and compact enough to explore on foot. We have many beautiful buildings, both old and new; museums, art galleries, theatres and sports venues (Manchester United and Manchester City) as well as canals and

parks. We have the Royal Northern College of Music and the home of the Halle orchestra – Bridgewater Hall – as well as a famous jazz club – Matt & Phreds. There are many other cultural venues within the city and in neighbouring Salford, home to Media City (BBC and ITV). There are easy links to surrounding cities such as York and Liverpool, and London is only 2 hours away. Manchester is also near many stately homes such as Tatton and Lyme Halls and Chatsworth. For the more scientifically minded, The University of Manchester's Jodrell Bank radio telescope is open to visitors.

Why not extend your holiday in the UK and visit some of the wonderful countryside around? Visit some of our National Parks such as the Yorkshire Dales, the Lake District or the Peak District. Why not bring your family and visit some of the many attractions in the region such as Chester Zoo?

We already have three great keynote speakers booked – Prof Walter Bongartz, known to many of us for his interest in the anthropological roots of hypnosis, Prof Elizabeth Faymonville, who is head of the Pain Clinic at Liege University Hospital in Belgium, and operated on more than 6,000 patients using hypnosis combined with a light local anaesthetic. She enjoys teaching patients self-hypnosis and self-care learning such that they are able to get out of the vicious circle of chronic pain. And, the third, Stuart Derbyshire, Associate Professor at the National University of Singapore, whose

primary research interest is pain that occurs without obvious injury or disease. His fMRI studies on hypnotically produced pain throw light on some of the mechanisms of hypnotic responding. We look forward to welcoming you here in August 2017!

For further information on the Congress please visit [www.esh2017.org](http://www.esh2017.org)

### XIV ESH congress

hosted by

British Society of Clinical  
& Academic Hypnosis (BSCAH)

23rd – 26th August 2017

[www.esh2017.org](http://www.esh2017.org)



## Hypnosis - unlocking hidden potential

*The value of hypnosis in communication, health and healing in the 21st century*



## 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).*

I’m Amélie Jouvin Pillevesse (yeah we choose our husband but not their name...). I live in Rennes, France and work for the training center of Claude Virot, Emergences. At the beginning, in 2005, I was his assistant. Now we work with a team of 3 persons you probably met at the Congress in Paris: Benjamin, Enora & Catherine and my job is to make it work :)

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

2009. Roma.

We are at the top of the « typewriter » admiring the great view with many famous names of hypnosis among whom is Camillo Loriedo, director of the World Congress of ISH. I am here with the French delegation. And I’m enjoying it!

*What is your current “job” / task here?*

My mission at the Paris 2015 World Congress of hypnosis was to coordinate all those who have participated in the success of the congress, in every field: registrations, communication, finance, etc.

I also did my best to facilitate

the hard work of the scientific and organization Committees, lead by Claude Virot.

*When not for ISH: what is your professional work?*

I feel well in Hypnosis! So when it’s not for ISH, it’s for Emergences: develop trainings, organize the workshops, make our job easier and help in the realization of Claude’s numerous projects, sometimes hard to follow!

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

I must admit most of my free time is about my 1 year old kid right now but otherwise I like to travel, I am fascinated by the Japanese culture, I love cooking for family and friends and trying new recipes (at their own risks).

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

The aspect of my job I prefer the most is clearly the people, people I work with, and people I meet.

And one of the many memorable moments I enjoyed the most (beyond Bernhard Trenkle’s jokes) is probably the surgery of the thyroid with hypnosis which I attended. This experience gave meaning more than ever to my work, the benefits of hypnosis in a concrete way.

I had also a lot of emotions at the beginning of the World Congress in Paris. And really hope that all the congress attendees did too.



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