



The International Society of Hypnosis

NEWSLETTER

Building Bridges of Understanding

2016, Volume 40, No. 3.

Letter from the President



**September
2016**

Claude Virost MD

President's Letter

Translator:
Maria Escalante
de Smith

Mark Jensen, our secretary-treasurer is smiling. A few weeks ago, the ISH received \$ 85,000, the profit from the 20th World Con-

gress of Paris. Including the first payment of \$ 20,000 in 2015, it is \$ 105,000 that the Congress has provided to ISH. As a family, our association needs money to live every day, support the office expenses, the website, some travel. When everyday life is assured, the additional resources can be used to fund projects for home improvement and evolution of family members. (ISH family is its societies and its members, for example each one of you.)

From the perspective of secure management and to face the vagaries of life, it is hoped that part of this money will be saved. It will be used only if we face particular challenges.

Regarding the possible projects, energies are being mobilized in several directions: establishment of guidelines and training materials for education to help new societies, in countries new to ISH, to develop training processes in hypnosis. If necessary, officers will be able to provide technical expertise and teaching experience.

The first contacts have been made to study the

possibility of broadcasting some of our conference via skype or "streaming". These technologies remain somewhat mysterious to many although sometimes we use them. But to use them as operator and content provider is a bit complex for us, even if it is a simple, illuminated area for experts. The goal is to have a trial of this at the conference in Montreal 2018. The dream is that one day the conference rooms will be as filled as they were in Paris and at the same time thousands or tens of thousands of professionals in all countries of the world, will be able to attend some conferences, some workshops on their computer screens. A bit like the Olympics. The ideal is, of course, to be there for the atmosphere, the excitement, the in person interactions, the possibility to be close to the sportsmen and the sportswomen...

By visiting the place of a congress we can also discover a new country, a new culture. This is what our Canadian friends offer in their beautiful province of Quebec and the mythical city of Montreal. The organizational work is progressing very well to prepare your welcome as a delegate or as a speaker. Montreal is a city with many ethnic mixtures where language is in both French and English! Montreal is a particularly fertile ground in which the ISH can exceed the results of Paris: speakers from 34 nations and participants from 56 countries.

Besides the big "stars" of the world of hypnosis you will be able to meet dozens of lesser-known colleagues, young people, students, each of whom will present an original aspect of the world of hypnosis. The World Congress is a unique opportunity every 3 years to discover new experiences and amazing personalities. In addition, the World Congress is something bigger, bigger than any other conference in the world: it is the gathering point of the whole "Hypnosis family" this diaspora that exists in dozens of countries in all parts of the world. All those who participated in Bremen or Paris (to name the newest ones) have felt this very special emotion they could bring with them, this powerful and deep pulsing heart of hypnosis.

It is this pulse that will host the 21st Congress of Montreal, where we will all converge in the month of

August 2018.

To make you dream and prepare for this event, we asked Marion to handle video and photos of the Paris Congress. There is a lot of work to be done to classify and organize these memories. Very soon you will find on our website a souvenir photo album of the major presentations.

See you soon,
Claude Virot

President of the International Society of Hypnosis

Lettre de la présidente

French

Mark Jensen, notre trésorier à le sourire. Il y a quelques semaines, il a reçu 85000 \$ correspondant aux bénéfices du 20e congrès mondial de Paris. Avec le premier versement de 20 000\$ en 2015, ce sont donc 105 000 \$ que ce congrès aura rapporté à l'ISH. Comme une famille, notre association a besoin d'argent pour vivre au quotidien, financer le secrétariat, le site internet, quelques déplacements. Quand le quotidien est assuré, les ressources supplémentaires permettent de financer les projets pour l'amélioration de la maison et l'évolution des membres de la famille. (La famille ISH ce sont ses sociétés et ses membres, c'est à dire chacun de vous.)

Dans une perspective de gestion sécurisée et pour faire face aux aléas de la vie, une partie de cet argent va être mis en réserve. Il ne servira que si nous devons faire face à des difficultés particulières.

Du côté des projets, les énergies sont mobilisées dans plusieurs directions : établissement de guidelines et de matériel pédagogique pour l'éducation afin d'aider de nouvelles sociétés, de nouveaux pays à créer des processus de formation à l'hypnose. Si besoin, les membres du bureau pourront apporter leur expertise technique et leur expérience d'enseignant.

Les premiers contacts ont été pris pour étudier la possibilité de diffuser une partie de nos congrès via skype ou en « streaming ». Ces technologies restent un peu mystérieuses pour beaucoup même si parfois nous les utilisons. Mais s'en servir comme opérateur et fournisseur de contenu est un peu complexe pour nous alors que c'est un domaine simple et lumineux pour les experts. L'objectif est de faire une première expérience dès le congrès de Montréal. Le rêve est qu'un jour, les salles du congrès soient remplies comme à Paris et que dans le même temps des milliers ou des dizaines de milliers de professionnels, dans tous les pays du monde, assistent à certaines conférences, certains ateliers derrière leurs écrans. Un peu comme les Jeux Olympiques. L'idéal étant bien sûr, d'être sur place pour l'ambiance, l'excitation, les rencontres, la possibilité de cotoyer les sportifs...

Être sur place aussi pour découvrir un nouveau pays, une nouvelle culture. C'est bien ce que nos amis Canadiens nous proposent dans leur magnifique province du Québec et cette ville mythique de Montréal. Les travaux de préparation avancent fort que ce soit pour préparer votre accueil comme congressiste ou comme conférencier. Montréal est une

In This Issue

• Letter from the President	1
• Individual ISH Membership	6
• Letter from the Editor	7
• Interview	8
• Meeting Our Mentors	11
• Building Bridges of Understanding	13
• Findings of Note	18
• 10 Questions	22
• Interactive Corner	24
• ESH president's letter	24
• Conference Report from BSMDH (Scotland)	24
• XIV ESH congress update	26
• Backstage	28
• XXI st World Congress of Hypnosis	29
• Condolences	30
• List of Contributors	32

Gedanken der Präsidentin

Translator: Reinhild Draeger-Muenke
German

ville avec beaucoup de mélanges ethniques et une spécifié linguistique puisqu'elle est de langue Française et de langue Anglaise! Montreal est donc un terrain particulièrement favorable pour dépasser les résultats de Paris : des conférenciers de 34 nations et de participants de 56 pays.

A coté des grandes « stars » du monde de l'hypnose vous pourrez y rencontrer des dizaines de collègues moins connus, des jeunes, des étudiants qui, chacun, vont vous présenter une aspect original du monde de l'hypnose. Le congrès mondial est l'occasion unique tous les 3 ans de découvrir des expériences nouvelles et des personnalités étonnantes. Au delà, le congrès Mondial est quelque chose de plus grand, plus grand que n'importe quel autre congrès au monde : c'est le moment de rassemblement de l'ensemble de la famille « Hypnose », cette diaspora qui existe dans des dizaines de pays dans toutes les parties du monde. Tous ceux qui ont participé à Brème ou à Paris, (pour ne citer quelles plus récents) ont ressenti cette émotion très particulière qu'ils ont pu ramener avec eux, cette pulsation puissante et profonde du coeur de l'hypnose.

C'est encore cette pulsation qui va animer le 21e congrès de Montreal, là où nous allons tous converger au mois d'Aout 2018.

Pour vous faire rêver et préparer cet évènement, nous avons demandé à Marion de s'occuper des vidéos et des photos du congrès de Paris. Il y a un gros travail de classement et d'organisation et, très bientôt, vous trouverez sur notre site internet les grandes conférences et un album photo souvenir.

A très bientôt

Claude Viot

Président de la Société Internationale d'Hypnose

Mark Jensen, unser Schatzmeister, hat gut lachen. Vor ein paar Wochen erhielt er einen Betrag von 85.000 Dollars, Einkommen vom 20. Weltkongress in Paris. Zusammen mit der ersten Zahlung von 20.000 Dollars im Jahr 2015 sind das insgesamt 105.000 Dollars, die dieser Kongress ISH zugeführt hat. Wie jede Familie braucht unsere Gesellschaft Geld, um das tägliche Leben zu bestreiten, um das Sekretariat, Internet Seite und Sonstiges zu bezahlen. Sobald die täglichen Ausgaben gesichert sind, erlauben die zusätzlichen Einnahmen Projekte zur Verbesserung des Hauses und zur Entwicklung der Familienmitglieder zu finanzieren. (Die ISH Familie besteht aus den Einzelgesellschaften und ihren Mitgliedern, also aus jedem Einzelnen von Ihnen.)

Von einer sicherheitsbewussten Management Perspektive aus gesehen, und um auf etwaige Unbilled des Lebens vorbereitet zu sein, wird ein Teil dieses Geldes als Reserve zurückgelegt werden. Wir werden nur bei besonderen Schwierigkeiten darauf zurückgreifen.

Was laufende Projekte betrifft, geht die Energie in mehrere Richtungen: Entwicklung von Richtlinien und Unterrichtsmaterialien, um neue Mitgliedsgesellschaften dabei zu unterstützen, einen Prozess der Hypnoseausbildung zu entwickeln. Falls nötig, können die Vorstandsmitglieder ihre technische Expertise sowie ihre Erfahrungen als Ausbilder zur Verfügung stellen.

Erste Kontakte sind hergestellt worden um zu erkunden, wie ein Teil unseres Kongresses möglicherweise über Skype oder „Streaming“ ausgestrahlt werden kann. Diese Technologie bleibt vielen ein wenig geheimnisvoll, auch wenn wir sie manchmal selbst benutzen. Aber sich diese Technologie als Betreiber und Inhaltsanbieter zunutze zu machen ist für uns ein bisschen kompliziert, obwohl es für die Experten ein einfaches und ausgeleuchtetes Gebiet ist. Unser Ziel ist, eine erste Erfahrung damit auf dem Kongress in Montreal zu machen. Der Traum ist, dass eines Tages die Kongresshalle so gefüllt ist wie in Paris, und dass zur selben Zeit tausende und abertausende Fachleute aus allen Ländern der Welt an bestimmten Seminaren und workshops vor ihren Bildschirmen sitzend teilnehmen. Ein bisschen wie bei den Olympischen Spielen. Natürlich wäre das Ideal, live dabeizusein, um an der Stimmung, der Begeisterung, den Treffen, der Möglichkeit, Sportlern zu begegnen, teilhaben zu können.

Direkt dabeizusein auch, um ein anderes Land und seine Kultur kennenzulernen. Das schlagen uns auch unsere kanadischen Freunde mit ihrer sehenswerten Provinz Quebec und dieser mythischen Stadt Montreal vor. Die Vorbereitungsarbeiten sind in vollem Gange, um Sie als Teilnehmer oder Dozent willkommen zu heissen. Montreal ist eine ethnisch sehr gemischte Stadt mit einer besonderen Sprache die aus dem Französischen und dem Englischen zusammengesetzt ist. Montreal ist also ein besonders günstiger Boden, um die Ergebnisse von Paris zu übertreffen: Dozenten aus 34 Nationen und Teilnehmer aus 56 Ländern.

Neben den grossen „Stars“ der Hypnosewelt können Sie Dutzende weniger bekannter Kollegen kennenlernen, junge Leute, Studenten, von denen ihnen jeder einen ursprünglichen Aspekt der Welt der Hypnose zeigen kann. Der Weltkongress stellt eine einzigartige Gelegenheit alle drei Jahre dar, neue Erfahrungen zu machen, und erstaunliche Persönlichkeiten zu entdecken. Darüber hinaus ist der Weltkongress noch etwas Grösseres, grösser als irgendein anderer Weltkongress: er ist der Moment, in dem sich die ganze Hypnose Familie wieder versammelt, diese Diaspora, die in Dutzenden von Ländern in allen Teilen der Welt existiert. Alle die in Bremen oder Paris dabeiwaren (um nur die beiden letzten Kongresse zu erwähnen), haben dieses besondere Gefühl erlebt, das sie mit sich nehmen konnten, das starke und mächtige Schlagen des Herzens der Hypnose.

Dieser Herzschlag wird auch wieder den 21. Ongress in Montreal beleben, wo wir alle im August 2018 zusammentreffen werden.

Um Ihnen beim Träumen und beim Vorbereiten dieses Ereignisses zu helfen, haben wir Marion gebeten, sich um die Videos und Photos von Paris zu kümmern. Das alles zu ordnen und zu organisieren ist viel Arbeit, aber schon bald werden Sie auf unserer Internetseite die grossen Konferenzen und ein Photoalbum zum Andenken finden können.

Bis ganz bald,
Claude Virot

Präsident der Internationalen Hypnosegesellschaft

Lettera del presidente

Translator: Consuelo Casula
Italian

Il nostro tesoriere Mark Jensen sorride. Alcune settimane fa la ISH ha ricevuto \$ 85,000 per il profitto del 20 ° Congresso Mondiale di Parigi. Con primo pagamento di \$ 20.000 del 2015, si raggiunge la somma di \$ 105.000 che il Congresso ha consegnato alla ISH. Come una famiglia, la nostra società ha bisogno di soldi per vivere ogni giorno, pagare la segreteria, il sito web, qualche viaggio. Quando la vita quotidiana è assicurata, le risorse che rimangono vengono utilizzate per finanziare progetti di miglioramento della casa e dell'evoluzione dei membri della famiglia. (La famiglia ISH è composta dalle società costituenti e dai suoi membri, cioè ognuno di voi.)

Dal punto di vista della gestione sicura e per affrontare i capricci della vita, si spera che parte di questo denaro venga messo da parte. Sarà usato solo se ci troviamo di fronte a sfide particolari.

Dal punto di vista dei progetti possibili, le energie sono mobilitate in varie direzioni: definizione di linee guida e di materiale di formazione per aiutare le nuove società in paesi nuovi per la ISH a sviluppare processi di formazione in ipnosi. Se necessario, i membri del board saranno in grado di fornire competenze tecniche e l'esperienza di trainers.

I primi contatti sono stati fatti per studiare la possibilità di trasmettere un po' della nostra competenza tramite conferenze via Skype o via "streaming". Queste tecnologie rimangono un po' misteriose per molti, anche se a volte le usiamo. Ma per usarle come operatori e fornitori di contenuti è un po' complesso per noi, anche se è una semplice e illimitata area per gli esperti. L'obiettivo è di fare un primo tentativo in occasione del congresso di Montreal. Il sogno è che un giorno le sale conferenze siano piene come a Parigi e, contemporaneamente, migliaia o decine di migliaia di professionisti in tutti i paesi del mondo possano seguire alcune conferenze, o alcuni workshop attraverso i loro computer. Un po' come le Olimpiadi. L'ideale è, naturalmente, essere lì per vivere l'atmosfera, l'eccitazione, le interazioni interpersonali, la possibilità di avvicinare gli sportivi...

Visitando il luogo del congresso possiamo anche scoprire un nuovo paese, una nuova cultura. Questo è ciò che i nostri amici canadesi offrono nella loro bella provincia del Quebec e nella mitica città di Montreal. Il lavoro di preparazione sta procedendo molto bene per offrirvi una bella accoglienza come congressisti o come conferenzieri.

Columna de la Presidencia

Translator: Teresa Robles
Spanish

Montréal è una città multi etnica e bilingue, dato che si parla sia il francese sia l'inglese! Montréal è un terreno particolarmente fertile per superare i risultati di Parigi: relatori provenienti da 34 nazioni e partecipanti da 56 paesi.

Oltre alle grandi "stelle" del mondo di ipnosi potrete incontrare decine di colleghi meno noti, giovani, studenti, ognuno dei quali presenterà un aspetto originale del mondo dell'ipnosi. Il Congresso Mondiale è un'opportunità unica ogni 3 anni per scoprire nuove esperienze e personalità sorprendenti. Inoltre, il Congresso Mondiale è qualcosa di più grande, più grande di qualsiasi altra conferenza nel mondo: è il punto di incontro di tutta la famiglia "Ipnotica", questa diaspora che esiste in decine di paesi in tutto il mondo. Tutti coloro che hanno partecipato a Brema o a Parigi (per citare solo le più recenti) hanno provato questa emozione molto speciale che rimane dentro, questo potente e profondo cuore che pulsa di ipnosi.

È questa pulsazione che ospiterà il 21° Congresso di Montreal, dove tutti convergeremo nel mese di agosto del 2018.

Per farvi sognare e prepararvi a questo evento, abbiamo chiesto a Marion di fare un video con le foto del Congresso di Parigi. C'è molto lavoro per classificare e organizzare questo materiale, e presto troverete sul nostro sito un album di foto ricordo delle più importanti conferenze.

Arrivederci
Claude Viot

Presidente della Società Internazionale di Ipnosi

Mark Jensen, nuestro tesorero, está muy contento. Hace unas semanas recibió \$85000 dls por los ingresos del XX Congreso Mundial en París. Esto, sumado a los \$25,000 que recibió como anticipo, suma \$105,000 dls que este Congreso aportó a la ISH. Como toda familia, nuestra asociación necesita dinero para vivir día a día, pagar al secretariado, la página de internet, algunos pasajes. Cuando tenemos asegurado lo cotidiano, el dinero extra puede destinarse a financiar proyectos para mejorar la casa o ayudar a la evolución de los miembros de la familia. /La familia de la ISH está formada por sus sociedades y sus miembros, es decir por cada uno de ustedes).

Con una perspectiva de administración segura, que permita enfrentar los imprevistos de la vida, una parte de este dinero se va a guardar como reserva. Y sólo se utilizará si tenemos que enfrentar dificultades específicas.

En lo que corresponde a los proyectos, las energías se mueven en diferentes direcciones: establecer lineamientos y material pedagógico para ayudar a las nuevas sociedades, a los nuevos países a crear sus propios procesos de formación en hipnosis. Si fuera necesario, los miembros de la Mesa Directiva podrían aportar su experiencia técnica y su experiencia docente.

Ya se hicieron los primeros contactos para estudiar la posibilidad de difundir parte de nuestros congresos via skype o en streaming. Estas tecnologías todavía son extrañas para muchas personas aunque las utilicemos de repente. Y puede parecernos un poco complejo funcionar como operadores y proveedores de contenidos, aunque para los expertos sea simple y claro.

Queremos hacer una primera experiencia en el Congreso de Montreal. Mi sueño es que un día las salas del Congreso estén llenas como en París y que al mismo tiempo miles o decenas de miles de profesionales, en todos los países del mundo asistan a algunas conferencias, a ciertos talleres, a través de sus pantallas. Un poco como en los juegos olímpicos. Claro que el ideal sería estar todos reunidos, por el ambiente, la emoción, los encuentros, la posibilidad de comentar lo que está sucediendo.

Poder estar juntos también para descubrir un nuevo país, una nueva cultura. Esto es lo que nuestros amigos canadienses nos proponen en su magnífica provincia de Quebec y Montreal, su ciudad mítica.

Visit ISH Video Library by clicking below.



La preparación del Congreso está avanzando rápidamente, tanto para recibirlos como participantes como conferencistas. Montreal es una ciudad con muchas mezclas étnicas y una cuestión lingüística específica puesto que tiene dos lenguas: el Francés y el Inglés. Por lo tanto, Montreal tiene todo a su favor para sobrepasar los resultados de París: conferencistas de 34 países y participantes de 56 países.

Al lado de las grandes estrellas del mundo de la hipnosis, podrás encontrar decenas de colegas menos conocidos, jóvenes, estudiantes que, cada uno, te va a presentar un aspecto original de la hipnosis. El Congreso Mundial es una ocasión única, que se repite cada tres años, para descubrir experiencias nuevas y asombrosas personalidades. Pero el Congreso Mundial es todavía algo más grande, más grande que cualquier otro Congreso en el mundo: es el momento en que se reúne la Familia Hipnosis, esta diáspora que existe en decenas de países en todo el mundo. Todos los que participaron en Bremen o en París para citar sólo los más recientes), han experimentado esta emoción tan especial, que se llevan con ellos de regreso, el latido poderoso y profundo del corazón de la hipnosis.

Y es este latido el que va a animar el XXI Congreso en Montreal, donde vamos a coincidir todos en agosto del 2018.

Para hacerte soñar con este gran evento y comenzar ya a prepararte, pedimos a Marion que trabaje en las fotos y videos dl Congreso de Paría. Es un trabajo enorme de clasificación y organización, pero pronto, encontrarán sobre nuestro sitio de internetlas grandes conferencias y un álbum de fotos de recuerdos.

Hasta pronto
Claude Viot

Presidente de la Sociedad Internacional de Hipnosis



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 a list of members, please visit the International Society of Hypnosis website.](#)

OR

Contact

PO Box 602
Berwyn, PA 19312, USA
Phone: +1 (800) 550-ISH1
Fax: +1 (800) 541-4558
Contact us: contact@ishhypnosis.org

Letter from the Editor



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

In the past month I have faced many times the importance handling cultural diversity appropriately. Recently, I attended a conference, where an American speaker was presenting her material on the importance of preserving our ecological heritage, and at the end of her talk an

Austrian colleague, who could not withstand the temptation, approached the speaker and hugged her. This spontaneous reaction was very welcomed by her and by the whole audience.

Following this we had lunch together, where the topic was further discussed. What a wonderful thing this is: two complete strangers, who have never met before, and most probably will never meet any time in their future lives, but share a clear concordance of their views, ideas, and feelings. And the special context allows them to express this freely. The slogan of ISH is: **Building Bridges of Understanding** (see the interview with Peter Bloom in issue 2015 March, Volume 39, No. 1.).

Nowadays it seems to be especially important that each of us is working on this building project, as the cultural diversity might also cause serious troubles and tension between people.

Professional meetings and organizations perhaps are one of the most fruitful possibilities to enjoy the *benefits* of diversity, rather than to be impaired by it. This issue of ISH provides a very good example for that since we have material from many continents.

In the column “**Main Interview**” we introduce **Linda Thomson**. I met her in various conferences. First I was just impressed by her nice shining eyes and beautiful smile. Later, I have got a better view of her professional work. She is a pediatric nurse practitioner and uses hypnosis in pediatric and family practice. She is the first nurse to ever had been awarded Diplomate status on the American Board of Medical Hypnosis. When we contacted her asking for an interview she had just returned from Uganda, Africa where she was working in an orphanage.

In the column “**Meeting our Mentors**” Nicole Ruyschaert introduces **Assen Alladin**. As you will see, his life started on an island (500 miles from Madagascar), and now he is one of the most active authors in the field of cognitive hypnotherapy. He ran important clinical studies, and urges the young colleagues to publish, publish, and publish. I fully agree.

In the column **Clinical Relevance of Research Findings** **Boglárka Erdélyi-Belle** – a cellular and molecular biologist and behavior analyst – introduces us to the field of psychogenetics, clarifying the basic terms in psychogenetic association studies. In the coming issue we will have a summary of the most relevant psychogenetic studies of hypnosis.

In the “**ESH corner**” their president, Consuelo Casula, updates us on the upcoming ESH conference organized by the British Society of Clinical & Academic Hypnosis (<http://www.esh2017.org>). What is more, we already have info on the bid of the 2020 ESH congress!

The recent salient findings on hypnosis are presented in the column “**Findings of Note**” by **András Költő**. András, as always, guides us in the exploration of various interesting fields.

In the **Stage Crew** section a well-known new person, **Marion Orel** is introduced. She was very active in the organization of the Paris ISH congress and now she has become the secretary to the president, Claude Virost.

In the **10 questions** section of the newsletter the person who answers our standard 10 questions can

name a new member to be asked and put a specific question to him / her. Following De Stefano this game reached a new continent: Africa, where our nice friend and past Board Member, **Woltemade Hartman** gives answer to our 10 standard questions.

As always, we are informing our members in the **News** of the various hypnosis meetings.

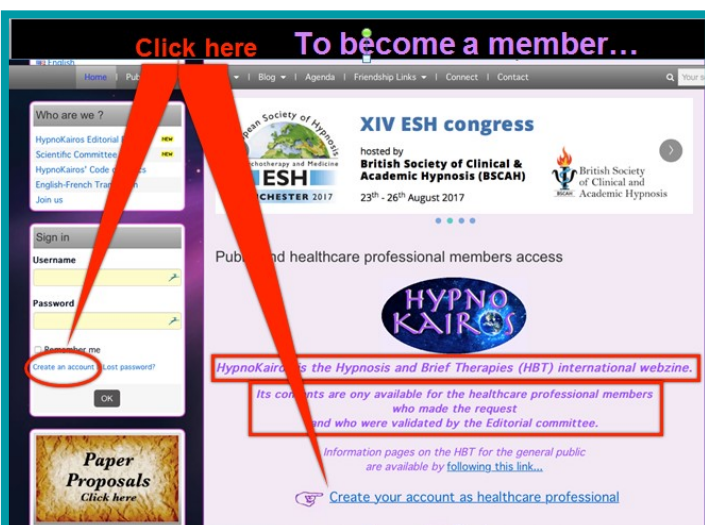
This time an obituary, written by John Kihlstorm, is a tribute to the memory of Emily C. Orne.

Katalin Varga, Dipl. Psych. Ph.D.



**First thought in April,
Online in May,
Today more than 500 members
More than 6000 visits**

Click here To become a member...



Who are we ?
HypnoKairos Editorial
Scientific Committee
HypnoKairos' Code of Ethics
English-French Translation
Join us

Sign in
Username
Password
Remember me
Create an account Lost password?

XIV ESH congress
hosted by
British Society of Clinical & Academic Hypnosis (BSCAH)
23rd - 26th August 2017

Public and healthcare professional members access

HYPNO KAIROS

HypnoKairos is the Hypnosis and Brief Therapies (HBT) international webzine.
Its contents are only available for the healthcare professional members who made the request and who were validated by the Editorial committee.

Information pages on the HBT for the general public are available by following this link...

Paper Proposals
Click here

Create your account as healthcare professional

Main Interview



Dr. Linda Thomson has been a Pediatric Nurse Practitioner for the past 41 years, employed in primary care in both a pediatric and a family practice. She received her undergraduate degree from Hartwick College and graduate degrees from Northeastern University and University of Massachusetts.

She has served as adjunct faculty and preceptor for nurse practitioner

students from 7 different universities.

Linda is an Approved Consultant in Clinical Hypnosis, the first nurse to ever have been awarded Diplomate status on the American Board of Medical Hypnosis, and is a Fellow of the American Society of Clinical Hypnosis and a Fellow of the National Association of Pediatric Nurse Practitioners.

She is a Diplomate and Past President of the American Board of Hypnosis in Nursing. In 2009 she was named the Distinguished Nursing Alumni of Hartwick College. Linda is a Past President of both the New England Society of Clinical Hypnosis and the Northeastern Mountain Society of Clinical Hypnosis, and has served on the Executive Committee, Educational Committee, Component Society Committee and Speaker's Bureau of the American Society of Clinical Hypnosis. She is a Past-President of American Society of Clinical Hypnosis. She is co-founder of Hypnova-tions: Clinical Hypnosis Education and Training Programs. In 2016 Linda was awarded the prestigious William Wester Award for her significant contributions to the field of hypnosis as applied to the treatment of children and research in the application of hypnosis with children.

Linda has published on a wide variety of subjects in professional journals in the United States, Europe and Australia, has contributed book chapters and is the author of 2 books on pediatric hypnosis: *Harry the Hypnototamus: Metaphorical Tales for Children*, Volume I and II. "Stress Free Surgery: A Self Relaxation Program to Help you Prepare for and Recover from Surgery" is a CD program she created to help surgical patients.

A member of NAPNAP's Clinical Expert Panel, Linda is also an Advisory Editor to the *American Journal of Clinical Hypnosis*. Linda has lectured and taught workshops across the country and around the world changing the attitudes, practices and beliefs of health care professionals concerning hypnosis.

You are a Nurse Practitioner AND an ASCH Approved Consultant in Clinical Hypnosis, the first nurse to ever have been awarded Diplomate status on the American Board of Medical Hypnosis, and the first nurse to become President of the American Society of Clinical Hypnosis. In many countries nurses cannot be hypnotherapists (only doctors or psychologist). What is your perspective on this issue of the regulation of providers of hypnosis / hypnotherapy?

I am a strong supporter of hypnotic training for nurses and other health care professionals who can add this tool to their skill set to allay anxiety and reduce pain and suffering. Nurses are the largest health care discipline, are highly skilled, well-educated and touch the lives of more people than any other health care discipline. They are at the front lines of our health care system and provide the majority of face to face health care in facilities across the United States. The world of medicine delivery is changing. The majority of hospital in-patients are more acutely ill than in the past, making them more suggestible and vulnerable to iatrogenic nocebo effects and negative suggestions. To me it is a “no-brainer”; it just makes good common sense to train nurses in hypnotic language and techniques that can be used to promote relaxation and rest; decrease pain and improve comfort, enhance healing, reduce anxiety, and facilitate a sense of inner peace.

To promote and enhance wellness is what nurses do everyday. They could do it so much better if they had the tools we have to offer. During my tenure as President of the American Society of Clinical Hypnosis, I worked tirelessly and passionately to expand our training programs to include nurses and then welcome them into the collegiality, professionalism and fellowship of a professional society of hypnosis. The addition of nurses’ patient centric point of view and voice would have enhanced the symphony of the various professionals who make up our membership and their presence would have enriched and added a new dimension to ASCH. Although ASCH’s training programs have expanded to include nurses, sadly, the society is not ready YET to embrace and welcome this dedicated profession as members.

I was invited to give a workshop at one of the constituent societies of ISH. The offer was rescinded when they discovered I was “just a nurse”. If you were a patient, wouldn’t you want a nurse trained in hypnosis caring for you? Shouldn’t it be the professional societies of hypnosis (not the lay organizations) that thoughtfully bring under their ethical and learned umbrella people who they have trained who are licensed to practice and professionally qualified

to use hypnosis within the scope of their practice and discipline?

I just returned from working in an orphanage in Africa. In Uganda, as in all third world countries, the potential benefits of hypnosis especially for pain management are huge. There are few doctoral level clinicians, but if nurses were trained in hypnotic techniques, the impact would be amazing.

You are a very active teacher, a “sharing” person who with lectures, workshops, videos and books helps others to be good in their field. What got you interested in hypnosis?

Every week for the past 40 years I have attended Pediatric Grand Rounds at the local Medical Center. The topic one week was Hypnosis and Hypnotherapy with Children presented by David Gottsegen, MD. I remember one of my colleagues rolling her eyes and commenting “You’re not going to THAT are you?” To which I responded “It is what I do every Tuesday morning: free coffee, free donuts. It doesn’t matter what the topic is; I’m there.” In that one hour presentation, I discovered that many of the strategies and techniques that I used to engage children’s co-operation, decrease suffering, or allay fears were hypnotic. I just never would have called it that because I never viewed hypnosis as a therapeutic modality.

I thought hypnosis was a gimmick or entertainment much like professional wrestling. Due to a catastrophic skiing accident as a teenager I spent 3 months in intensive care unit on life-support. In retrospect, I realized that there were so many instances during that hospitalization that if the nurses and doctors had utilized hypnosis and hypnotic language and techniques, it would have made a huge difference in my patient experience.



Following the lecture I knew that I wanted to learn as much as I could as fast as I could. I enrolled in a doctoral program, began taking workshops through the American Society of Clinical Hypnosis, the Society for Developmental and Behavioral Pediatrics and the Society of Clinical and Experimental Hypnosis. There were so many wise and wonderful mentors along the way. When I wrote my Harry the Hypnotamus books, I named each of the animal characters after someone who had inspired, taught or mentored me. And still the list goes on..... I guess I will have to write another book of Harry Hypnotamus Tales to recognize all the additional people who have honored me by sharing their wisdom and experience.

In my professional career I can only have an impact on a finite number of patients. However, when I teach other health care professionals how to utilize hypnosis with their patients, the effect I can have expands exponentially as those I teach can go forth and do great things. That is why I love teaching and passing on the gift that others gave me.

Does hypnosis have a better “reputation” among your patients and your (medical) colleagues today than when you first began to utilize these skills?

When I began my doctoral studies I realized that most medical professionals had the same misperceptions concerning hypnosis that I had held. Thus I decided the topic for my dissertation would be a project to change the attitudes, beliefs and practices of health care professionals concerning hypnosis. The purpose of the study was to investigate whether an educational offering that dispelled myths and misconceptions of hypnosis, offered a historical perspective, discussed how hypnosis works therapeutically, and elucidated the many medical uses of hypnosis, could change the attitudes, practices and beliefs of health care providers. Workshops were given to health care professionals at a variety of venues. Three questionnaires were used to collect data from study subjects before, immediately after and three months following the educational intervention. The results indicated that it is possible with a 90 to 180 minute lecture on hypnosis to create changes in beliefs, attitudes and practices. When health professionals have accurate information on hypnosis that is substantiated by scientific research, they are more likely to believe that hypnosis has a place in traditional mainstream medicine and to suggest self-regulatory strategies and hypnosis to their patients. (AJCH, July 2003)

I believe that as health care professionals who recognize the therapeutic efficacy of incorporating hyp-

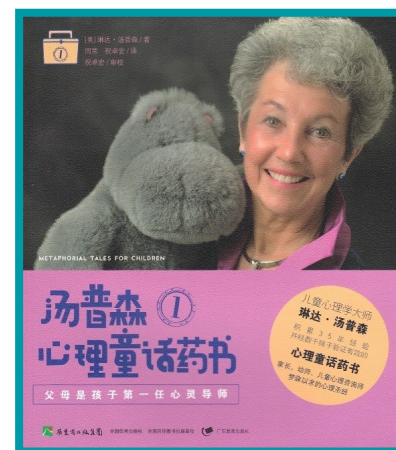
nosis into clinical practice, we have a duty to address the misperceptions of our colleagues and the public. Over the past decade, the popularity and general acceptance of mindfulness and meditation has increased exponentially. While hypnosis, an even more powerful modality for health and healing,

has not received the same recognition. I believe in part this is due to stage hypnotists and the way Hollywood has portrayed hypnosis. With children I sometimes introduce hypnosis by calling it “brain power exercises” and that I am their “imagination coach”. However, I always let them know that it is also called hypnosis, because if those of us who use hypnosis in our clinical practice don’t call it what it is, how can we expect the public to accept the “H” word as an effective therapeutic modality.

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

I wish exposure to hypnosis was part of my nursing education. I hope in the future all programs that train medical, dental and mental health professionals will include hypnotic language and hypnotic techniques in their curriculum. I had been in practice for more than 20 years before I learned that hypnosis is not hocus pocus.

I encourage younger colleagues to support and participate in the clinical research that supports our field and to educate the public and our professional colleagues about the efficacy of hypnosis. I also hope the next generation of clinicians will have moved beyond exclusivity and elitism to further, in every ethical way, the knowledge, understanding, and application of hypnosis in health care for the greater good of all.



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.



Dr. Assen Alladin is a Clinical Psychologist and Adjunct Associate Professor in the Department of Psychiatry at the University of Calgary Medical School. He is a Fellow of the Royal Society of Medicine, President of the American Society of Clinical Hypnosis, and Past President of the Canadian Federation of Hypnosis – Alberta Division. He has been practicing and teaching hypnosis, cognitive behaviour therapy, psychotherapy and clinical psychology for over 30 years, and he is the

2005 recipient of the Best Research Paper from Division 30 of the American Psychological Association.

Dr. Alladin is internationally recognized as an expert in the field of integrating CBT with hypnosis in the management of emotional disorders. He has published four books on evidence-based cognitive hypnotherapy. His book *Cognitive Hypnotherapy: An Integrated Approach to the Treatment of Emotional Disorders* (2008) is not only on the shelf of many practicing hypnotherapists but is regularly referenced when therapists want solid guidance on working with emotional disorders. He has also published over 35 articles in peer reviewed journals and has contributed chapters to several major textbooks on hypnosis. In addition, he has served as Guest Editor for Special Issues in *Cognitive Hypnotherapy* for the *Journal of Preventive Neurology and Psychiatry* (1992), the *Journal of Cognitive Psychotherapy: An International Quarterly* (1994), the *International Journal of Clinical and Experimental Hypnosis* (April 2007 & July 2007) and the *American Journal of Clinical Hypnosis* (2012, 2016). His other books include:

- *Integrative CBT for anxiety disorders: An evidence-based approach to enhancing cognitive behavioral therapy with mindfulness and hypnotherapy* (2016). See link: <http://ca.wiley.com/WileyCDA/WileyTitle/productCd-111850979X.html>
- *Hypnotherapy explained* (2008).
- *Handbook of Cognitive Hypnotherapy for Depression: An Evidence-Based approach* (2007).

Interviewer: Nicole Ruysschaert

Please describe your first contact with hypnosis.

My first professional contact with hypnosis was when I attended a meeting hosted by the British Society of Experimental and Clinical Hypnosis (BSECH) in 1974 at Birkbeck College, University of London, where I was a Psychology student. I then did my Introductory Training with BSECH in 1975 in London, England.

Please, summarize your career, and your current work.

I was born on the island of Mauritius, which is about 500 miles from the east coast of Madagascar, or about 1100 miles from the east coast of South Africa. I emigrated to England in December 1967, where I did all my higher studies. I was initially trained as a Psychiatric Nurse in York, England and later trained as a Social Worker in London, before I studied Psychology and Clinical Psychology. My country of origin piqued my interest in hypnosis. In Mauritius I witnessed people, as part of their religious ritual, pierce their bodies and walk on fire without pain or getting hurt. I wanted to study the phenomena and utilize it in healing and reducing suffering. Hypnosis provided a paradigm for studying the "mind over body phenomena" and applying the principles to medicine and psychiatry.

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

I have been influenced by many clinicians, researchers, and writers, including Ernest Hilgard, John Hartland, William Kroger, Herbert Spiegel, Dabney Ewin, Milton Erickson, John Gruzelier, Helen Crawford, David Waxman, Martin Orne, Graham Wicks, Leon Chertock, etc. I was also very impressed by the book: *Mind and Body* (1969) by Stephen Black. Black was a physician and a trained psychologist from London who spent many years studying the role of hypnosis in healing and in African tribal healing rituals.

Whom do you consider as your students / followers?

Most clinicians and therapists who use cognitive hypnotherapy (CH) with anxiety disorders and with depressive disorders. Dr. Eric Wilmarth told me that he used my work to defend his Ph.D. thesis.

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

Emotional disorders (anxiety, depression, and dissociative disorders) and chronic pain.

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

The field has expanded in terms of techniques, application, and demystification. The techniques have been broadened and integrated with various schools of therapies, e.g., behavior therapy, cognitive behavior therapy (CBT). The applications of hypnosis to medical and psychological disorders have also been expanded. Moreover, the myth perpetuated by many old textbooks and some well-known clinicians that hypnosis exacerbates suicidal risk in depression has been lifted mainly due to my work and the extensive publication by Dr. Michael Yapko. In the course of my career, I have moved away from single modality therapy, e.g., hypnosis, behavior therapy, CBT, to multi-modality therapy such as cognitive hypnotherapy (CH), which integrates CBT with hypnosis, mindfulness and psychodynamic therapy to enhance effect size. More recently, I have been accessing and healing emotional injuries in cases where symptomatic relief is not sufficient. My latest book *Integrative CBT for Anxiety Disorders: An Evidence-Based Approach to Enhancing Cognitive Behavioral Therapy with Mindfulness and Hypnotherapy* (2016) describes this therapeutic approach.

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

I believe I have made three major contributions to the field of clinical hypnosis. Firstly, my study that compared cognitive hypnotherapy (CH) with cognitive behavior therapy (CBT) with chronic depressives (N=84). The study clearly demonstrated that hypnosis increases the effect size when it is combined with CBT in the management of emotional disorders. The study was duly acknowledged and it won the Best Research Paper from Division 30 of the American Psychological Association in 2005. Secondly, my extensive writings on cognitive hypnotherapy. I have published over 30 papers and chapters on CH and three books on the subject. Thirdly, teaching CH to many hypnosis societies around the world, e.g., Canada, United States, Mexico, India, Europe, China, Turkey, etc.

What is your favorite professional book?


Handbook of Hypnotic Suggestions and Metaphors (1990) by Corydon Hammond.

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

1. Integrate hypnosis with gold-standard or benchmark therapies with various disorders. This approach will demonstrate whether the effect size increases. If the effect size increases, this will demonstrate that hypnosis is an important adjunctive therapy.
2. Integrate research in your clinical practice.
3. Publish! Publish!

Building Bridges of Understanding

contact@ishypnosis.org



THE INTERNATIONAL SOCIETY OF HYPNOSIS

[ABOUT ISH](#)
[ADMINISTRATION](#)
[CONGRESS](#)
[MEMBERSHIP](#)
[NEWS & EVENTS](#)
[MEDIA](#)
[HOME](#)

Offer for Students

Home > Offer for Students

ISH is offering free non-voting membership to master level and above students in Dentistry, Medicine and Psychology while they are full time students. Students must either be members of a constituent society of ISH or submit a recommendation from an ISH member. The free membership is offered as an incentive to students to learn about ISH and to be connected to the worldwide hypnosis community, and does not give the right to practice clinical hypnosis.

12

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...



Boglárka Erdélyi-Belle is a cellular and molecular biologist and behaviour analyst. She got her PhD degree in 2015. In her thesis she characterized the hepatocyte-like cells differentiated from human embryonic stem cell lines.

She spent 14 years in molecular biology research. She has worked in reputable labs; at the Research Centre for Natural Sciences, and at the Semmelweis University.

Now she continues her studies at Eötvös Loránd University Faculty of Education and Psychology in cognitive psychology master's specialization. For her thesis she conducts research at the Psychogenetic Laboratory of the Department of Affective Psychology.

An overview of genetic terms in psychogenetic association studies

Boglárka Erdélyi-Belle PhD
Eötvös Loránd University (ELTE)
Faculty of Education and Psychology
Institute of Psychology
Hungary, Budapest

Psychogenetic studies combines the knowledge and procedures of molecular genetics and psychology (Bouchard Jr & Loehlin, 2001; Charney, 2012). Candidate genes for these studies are selected based on a priori knowledge of the gene's biological function. Then an association study is performed between the selected phenotype, such as hypnotizability, and the candidate gene variants, such as COMT Val/Met polymorphism (Lichtenberg, Bachner-Melman, Gritsenko, & Ebstein, 2000; Szekely et al., 2010). In order to assist a better understanding of psychogenetic association analysis, the most important genetic terms are summarized below.

DNA

All cells contain inherited information stored inside the cells in the base sequence of deoxyribonucleic acid (DNA). DNA is a macromolecule, which is made from the building blocks of nucleotides. Each nucleotide consists of a deoxyribose, a phosphate group and a nitrogen-containing "base". While there is no variance in the phosphate and the deoxyribose groups, the base has four types; the adenine (A), thymine (T), cytosine (C), or guanine (G). Two separate polynucleotide strands make a double-stranded DNA, where the bases pair up in a complementary manner; A always pairs up with T and G always pairs up with C. *Therefore, bases are often referred as base pairs (Fig. 1).*

The valuable biological information is stored in the sequences of the four bases (A, T, G, C) in the middle of the double-stranded DNA. This information is surrounded by the sugar-phosphate backbone, which protects the DNA from cleavage. Every single somatic cell of an individual contains the same DNA strands with the same sequence of the bases with a few exceptions. During cell division this information is passed from one generation to the next one.

Chromosomes and ploidy

In a eukaryotic cell the double-stranded DNA is coiled around protein complexes termed as nucleosomes. Each nucleosome contains 8 histone proteins and will be packaged up to a condensed **chromosome during cell division**.

The number of chromosome sets is called **ploidy**. Every human somatic cell has 2 sets of chromosomes, these cells are diploids. In these cells there are 23 pairs (46 piece) of chromosomes, 22 pair of them are autosomal and 1 pair is the sex chromosomes. Females have an XX sex, while men have an XY sex chromosome pair. Human gametes, such as sperm or egg contains only one set of chromosomes (23 piece), these cells are haploids. The 23 chromosome of a mother's egg and 23 chromosomes of a father's sperm form an embryo during the fertilization. In an embryo each cell is diploid, because it contains two complete sets ($2n$) of chromosomes (**Fig. 1**).

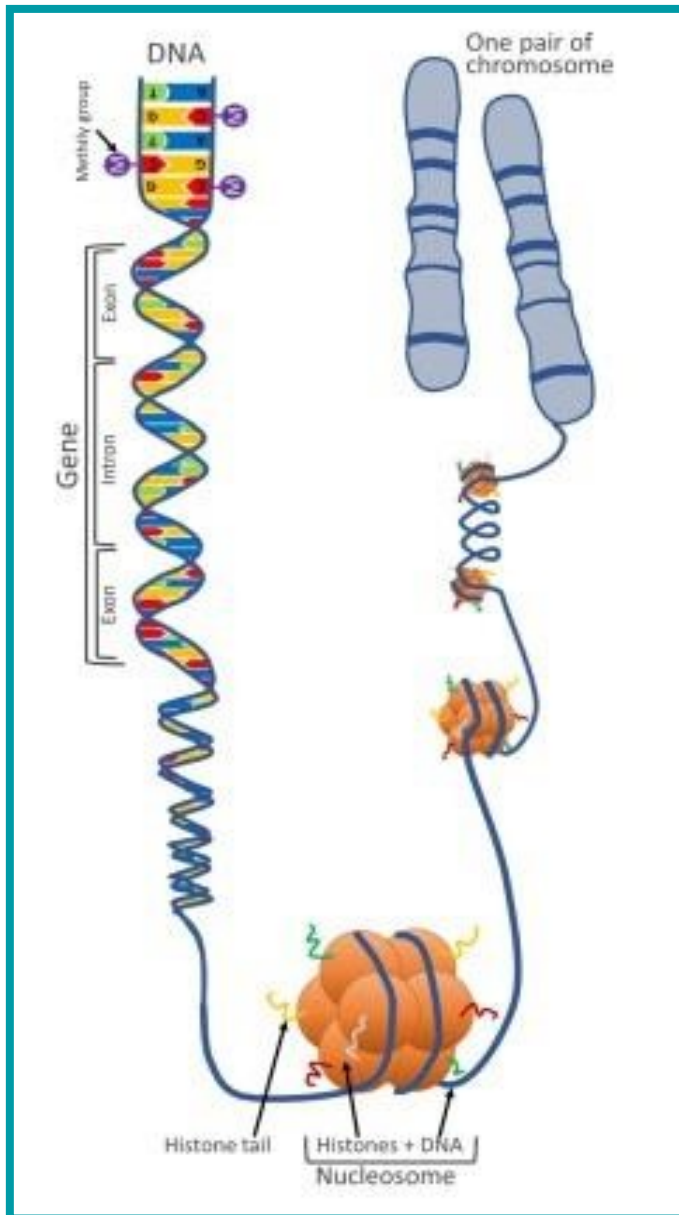


Figure 1.: A chromosome consists of a double stranded DNA, which is wrapped around histone molecules and thus form the nucleosomes. DNA methylation, histone tail modification can cause changes in the gene expression.

Genes, genome and the Human Genome Project

Genes are the working units of the DNA, because they contain a particular set of instructions for coding thousands of proteins and several types of ribonucleic acids (RNAs). Genes are small (approximately 10^3 - 10^6 base pairs) segments of the chromosomes (about 10^7 - 10^{10} base pairs). The chromosomes contain many genes which are located at a specific locus (or region) (**Fig. 1**).

The full hereditary information of an organism is the **genome** which consists of both the coding (genes), and the non-coding regions of the DNA (i.e., spacers, introns, and various sorts of repeated sequence) (Brosius, 2009). Everybody has two copies of the genome, one inherited from each parent.

The International Human Genome Sequencing Consortium (IHGSC) (Lander et al., 2001) and the Celera Genomic (Venter et al., 2001) published the initial draft sequence of a single (haploid) human genome. This draft sequence has been completed in 2003, just fifty years after the discovery of DNA structure (Watson & Crick, 1953a, 1953b). Today any person's genome might be sequenced in just a few days.

The haploid human genome consists of about 4 billion base pairs and encodes about 30,000 protein-coding genes (Ashurst et al., 2005; Bentley et al., 2008; Hubbard et al., 2007). Surprisingly, the number of genes are not significantly lower in less complex organisms, such as the *Drosophila melanogaster* (~13,600 genes), than the number of human protein-coding genes (Adams et al., 2000). Surprisingly, the protein coding DNA sequences involve only about 1,5% of our genome. The rest of the DNA sequence consists of regulatory sequences, introns, noncoding DNA and non-coding RNA genes, and other sequences (Lander et al., 2001). Discovering the complete base sequence of the human reference genome was only the first step in understanding what the is function of our genes and how their expression is controlled.

Complexity of human proteins

The secret of the complexity of human functions is probably not the number of the protein coding genes, but the large number of protein isoforms coded by the same gene. In vertebrates, and particularly in humans the processing of pre-messenger RNA (pre-mRNA) has a very important role in increasing the biodiversity of proteins. At least ~95% of human multi-exon genes are alternatively spliced (Pan, Shai, Lee, Frey, & Blencowe, 2008). In a human gene an average of 8,8 exons (100-200 bases) and 7,8 introns (1000-4000 bases) exist. Introns are present in the

pre-mRNA but during processing they have to be removed. The term of alternative splicing means that exons can be joined together in different combinations. The differently combined exons are converted into mRNA which undergoes a further process (translation) where the mRNA is used to synthesize different protein isoforms (Claverie, 2001). Generally we can say that 30-60% of human genes undergo alternative splicing (Lander et al., 2001). The mechanism of splicing plays important role in development, physiology, and diseases.

Polymorphism, genotypes, alleles and the phenotype

The **phenotype** describes a given characteristic which is related to a certain genetic factor. It is an actually observed property of an organism, such as eye colour or height, but also might be related to a certain disease, or even behaviour. The sum of the various phenotypes in an individual is the way he/she presents him/ herself to the world.

The phenotypic variability between individuals is due to the variations of individual DNA sequences, termed as polymorphisms. There are many DNA variations which do not have a significant effect on phenotype, therefore they are considered neutral polymorphisms. A large number of DNA sequence variations, however, have an important effect on the phenotype. These polymorphisms are the main sources of human variability, and some of them are actually causing diseases.

At the DNA level there are two main groups of polymorphisms; the single nucleotide polymorphisms (SNP) and the length polymorphism. SNP is a single nucleotide (A, T, G or C) variation in the genome that occurs at a specific position. In February 2001 the Human Genome Project SNP Consortium reported 1,42 million SNPs (Sachidanandam et al., 2001), this number increased to 84.7 million for 2015 (Consortium, 2015). These polymorphisms are collected in various SNP databases and have a great importance in mapping the risk factors of numerous inherited diseases, as well as the genetic background of individual differences.

The length polymorphism is the other source of differences between genomes. There are a lot of repeated sequences in the genome where the number of the repetitions and the length of the repeated units are also different. Some of them are very short (1-5 bases) iterations (short tandem repeats, STR) (Weber & Wong, 1993), longer iterations, also named as variable number of tandem repeats, (VNTR) (Nakamura et al., 1987), and others might include very large areas of the genome.

An interesting example of VNTRs is the 48 base pair repeat in the dopamine D4 receptor gene coding region. The number of the repeats varies from 2 to 10, but the most common form contains 4 repeats, also termed as the DRD4VNTR 4 allele. The second most common is the 7 allele, containing 7 repeats. The DRD4 VNTR 7 allele found to associate to various traits such as novelty seeking (Ebstein et al., 1996) or reaction time performance (Szekely et al., 2011). In case a polymorphism has 2 forms, which is the most common case in SNPs, we also might term them as 2 alleles. For example, in a certain position of the COMT gene some people have A, others have G, this is a COMT AG SNP. Regarding the COMT gene and this particular SNP, we have A or G alleles in the population. The genotype of a person having A allele might be either AA (homozygote) or AG (heterozygote). Individuals carrying only the G allele have GG (homozygote) genotype in relation to this particular SNP of the COMT gene. In a recent study a significant association was found between hypnotizability and the COMT genotypes: the GG homozygotes showed higher hypnotizability than those with other alleles (Szekely et al., 2010).

The source of human DNA

For examination of the genomic DNA some somatic cells are needed. Genomic DNA is most commonly isolated from nucleated cells of peripheral blood. This method is invasive and therefore it is difficult to obtain samples from the study subjects in psychogenetic studies. Other alternative sources of DNA are hair follicles, or buccal epithelial cells. These samples can be obtained in a non-invasive manner (Ghatak, Muthukumaran, & Nachimuthu, 2013; Hansen, Simonsen, Nielsen, & Hundrup, 2007; Le Marchand et al., 2001). Buccal cells can be easily collected either with a cotton swab or by a mouthwash procedure. These methods are non-invasive, rapid and cost-effective. In addition, these methods are suitable for self-collection, as well, being more comfortable for the participants. The purity and the concentration of the extracted DNA from buccal smears might be sufficient for genotyping and less pain-free than drawing blood (van Wieren-de Wijer et al., 2009). We can say that the use of buccal smears for psychogenetic studies is a very good alternative to drawing blood samples.

Epigenetics

Genetics stems from Greek *genetikos* meaning, 'generative', which in turn derives from *genesis* meaning "origin". Genetics is the study of the origin of the information: the DNA. The word **epigenetic** means literally: above or in addition to genetics. The term epigenetic was coined by Conrad Waddington

(C. Waddington, 1942). He originally described epigenetics as *'the branch of biology which studies the causal interactions between genes and their products which bring the phenotype into being'* (C. H. Waddington, 1968).

Epigenetics studies how characteristics are inherited across cell division or organism generations without changes in the DNA sequence itself. Somehow the environment has an impact on gene expression and these alterations are not necessarily inherited, because they do not affect the DNA sequence. There are different mechanisms that cause changes in the gene expression without changing the DNA sequence: DNA methylation, histone tail modification and repressor proteins that attach to silencer regions of the DNA changing the gene expression pattern of the cells (Griffith & Mahler, 1969; Jenuwein & Allis, 2001) (**Fig. 1**).

Within an organization the genetic information of the cells is the same (with few exceptions) however, the expression of genes varies between cell types. In specialized cells, the genes, which contain the information to make the necessary proteins are called 'switched on' genes, the remaining are 'switched off' genes. For example, the genes that are 'switched on' in a brain cells are different from those that are 'switched on' in a liver cell because the liver has different roles than the brain and therefore the cells found in these organs produce different proteins. Epigenetics studies the cellular and physiological phenotypic trait variations caused by environmental factors that switch genes on or off and affect cells gene expression pattern.

Conclusions

The sequence the DNA possesses, also termed our genome, is the inherited information we got from our parents. Our various characteristics vary in heritability; some of them have a strict genetic determination, such as the colour of our eyes, other are less determined.

Depending on the environmental factors the expression of the genes changes which results in a phenotype change. Changes in the environment (can be either external or internal) affect not only our cells at the molecular level, but it might affect our personality, behaviour, or mental processes through various physiological mechanisms.

In order to obtain a more complex picture of the mental processes we should keep in mind that any change that affects us, also might affect our mind and our bodies as well. Therefore, the genetic background should be investigated together with the en-

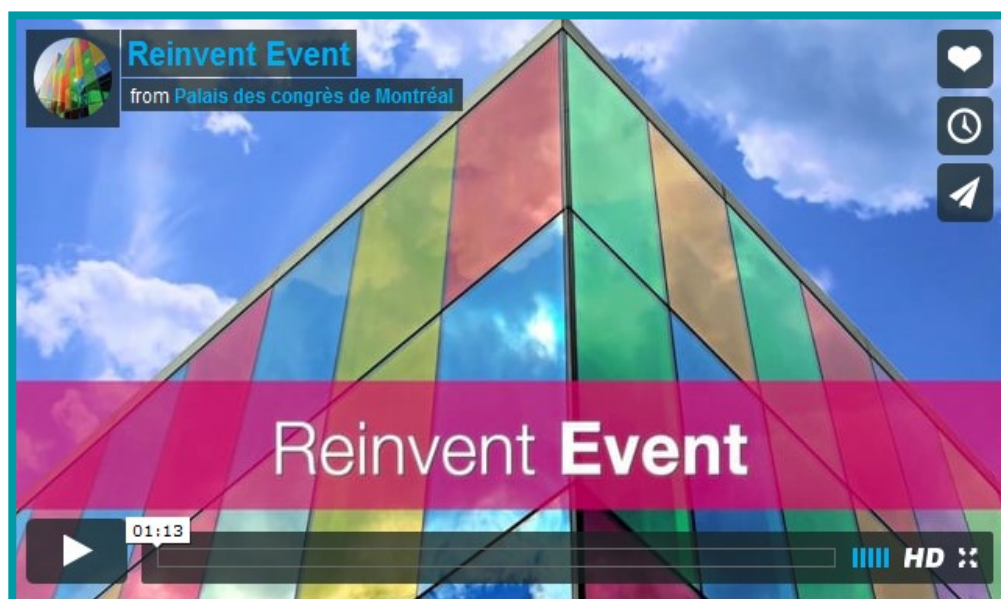
vironmental effects. The genetic background does not mean, that everything in our life is determined, rather it is the basis on which we can build our life and we can decide what we do with it. Nothing is written in advance.

REFERENCES

- Adams, M. D., Celniker, S. E., Holt, R. A., Evans, C. A., Gocayne, J. D., Amanatides, P. G., . . . Gal-
le, R. F. (2000). The genome sequence of *Drosophila melanogaster*. *Science*, 287(5461), 2185-2195.
- Ashurst, J., Chen, C.-K., Gilbert, J. G., Jekosch, K., Keenan, S., Meidl, P., . . . Trevanion, S. (2005). The vertebrate genome annotation (Vega) database. *Nucleic acids research*, 33(suppl 1), D459-D465.
- Bentley, D. R., Balasubramanian, S., Swerdlow, H. P., Smith, G. P., Milton, J., Brown, C. G., . . . Bignell, H. R. (2008). Accurate whole human genome sequencing using reversible terminator chemistry. *Nature*, 456(7218), 53-59.
- Bouchard Jr, T. J., & Loehlin, J. C. (2001). Genes, evolution, and personality. *Behavior genetics*, 31(3), 243-273.
- Brosius, J. (2009). The fragmented gene. *Annals of the New York Academy of Sciences*, 1178(1), 186-193.
- Charney, E. (2012). Behavior genetics and post-genomics. *Behavioral and Brain Sciences*, 35(05), 331-358.
- Claverie, J.-M. (2001). What if there are only 30,000 human genes? *Science*, 291(5507), 1255-1257.
- Consortium, G. P. (2015). A global reference for human genetic variation. *Nature*, 526(7571), 68-74.
- Ebstein, R. P., Novick, O., Umansky, R., Priel, B., Osher, Y., Blaine, D., . . . Belmaker, R. H. (1996). Dopamine D4 receptor (D4DR) exon III polymorphism associated with the human personality trait of novelty seeking. *Nature genetics*, 12(1), 78-80.
- Ghatak, S., Muthukumaran, R. B., & Nachimuthu, S. K. (2013). A simple method of genomic DNA extraction from human samples for PCR-RFLP analysis. *J Biomol Tech*, 24(4), 224-231.
- Griffith, J., & Mahler, H. (1969). DNA ticketing theory of memory. *Nature*.
- Hansen, T. v. O., Simonsen, M. K., Nielsen, F. C., & Hundrup, Y. A. (2007). Collection of blood, saliva, and buccal cell samples in a pilot study on the Danish nurse cohort: comparison of the response rate and quality of genomic DNA. *Cancer Epidemiology Biomarkers & Prevention*, 16(10), 2072-2076.

- Hubbard, T. J., Aken, B. L., Beal, K., Ballester, B., Cáccamo, M., Chen, Y., . . . Cutts, T. (2007). Ensembl 2007. *Nucleic acids research*, 35(suppl 1), D610-D617.
- Jenuwein, T., & Allis, C. D. (2001). Translating the histone code. *Science*, 293(5532), 1074-1080. doi: 10.1126/science.1063127
- Lander, E. S., Linton, L. M., Birren, B., Nusbaum, C., Zody, M. C., Baldwin, J., . . . Fitz-Hugh, W. (2001). Initial sequencing and analysis of the human genome. *Nature*, 409(6822), 860-921.
- Le Marchand, L., Lum-Jones, A., Saltzman, B., Visaya, V., Nomura, A. M., & Kolonel, L. N. (2001). Feasibility of collecting buccal cell DNA by mail in a cohort study. *Cancer Epidemiology Biomarkers & Prevention*, 10(6), 701-703.
- Lichtenberg, P., Bachner-Melman, R., Gritsenko, I., & Ebstein, R. P. (2000). Exploratory association study between catechol-O-methyltransferase (COMT) high/low enzyme activity polymorphism and hypnotizability. *American journal of medical genetics*, 96(6), 771-774.
- Nakamura, Y., Leppert, M., O'Connell, P., Wolff, R., Holm, T., Culver, M., . . . Kumlin, E. (1987). Variable number of tandem repeat (VNTR) markers for human gene mapping. *Science*, 235(4796), 1616-1622.
- Pan, Q., Shai, O., Lee, L. J., Frey, B. J., & Blencowe, B. J. (2008). Deep surveying of alternative splicing complexity in the human transcriptome by high-throughput sequencing. *Nature genetics*, 40(12), 1413-1415.
- Sachidanandam, R., Weissman, D., Schmidt, S. C., Kakol, J. M., Stein, L. D., Marth, G., . . . Wiley, D. L. (2001). A map of human genome sequence variation containing 1.42 million single nucleotide polymorphisms. *Nature*, 409(6822), 928-933.
- Szekely, A., Balota, D., Duchek, J., Nemoda, Z., Vereczkei, A., & Sasvari-Szekely, M. (2011). Genetic factors of reaction time performance: DRD4 7-repeat allele associated with slower responses. *Genes, Brain and Behavior*, 10(2), 129-136.
- Szekely, A., Kovacs-Nagy, R., Bányai, É. I., Gősi-Greguss, A. C., Varga, K., Halmai, Z., . . . Sasvari-Szekely, M. (2010). Association between hypnotizability and the catechol-O-methyltransferase (COMT) polymorphism. *Intl. Journal of Clinical and Experimental Hypnosis*, 58(3), 301-315.
- van Wieren-de Wijer, D., Maitland-van der Zee, A.-H., de Boer, A., Belitser, S., Kroon, A., de Leeuw, P., . . . Stricker, B. (2009). Determinants of DNA yield and purity collected with buccal cell samples. *European journal of epidemiology*, 24(11), 677-682.
- Venter, J. C., Adams, M. D., Myers, E. W., Li, P. W., Mural, R. J., Sutton, G. G., . . . Holt, R. A. (2001). The sequence of the human genome. *Science*, 291(5507), 1304-1351.
- Waddington, C. (1942). *Endeavour 1: The Epigenotype*.
- Waddington, C. H. (1968). Towards a theoretical biology. *Nature*, 218(5141), 525-527.
- Watson, J. D., & Crick, F. H. (1953a). Molecular structure of nucleic acids. *Nature*, 171(4356), 737-738.
- Watson, J. D., & Crick, F. H. (1953b). The structure of DNA. Paper presented at the Cold Spring Harbor symposia on quantitative biology.
- Weber, J. L., & Wong, C. (1993). Mutation of human short tandem repeats. *Human molecular genetics*, 2(8), 1123-1128.

Visit the Palais des congrès in Montréal, where the ISH 21st congress will be held, August 2018.



Findings of Note

Prominent Papers in Clinical and Research Hypnosis

A review by András Költő
kolto.andras@ppk.elte.hu



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 – domains. It continues the tradition of the “Salient Findings” appearing in the *International Journal of Clinical and Experimental Hypnosis*

between 2000 and 2007.

Hypnosis is like an ocean in a drop of water: It involves infinite psychological mechanisms from cognition, emotion and motivation to such areas as time perception, sense of self-agency, or age regression. It may have a large effect on the bodily processes, ranging from alterations in many brain regions to the psycho-endocrine system (i.e., oxytocin) and pain perception. It is widely applied in experimental and clinical psychology, in medicine, in sports, in education, in law, and in the arts. No wonder that researchers from many areas start applying hypnosis as a model situation, which facilitates us to channel their findings back to the hypnosis community.

In the present Prominent Findings, four papers are introduced that deal with the relationship of motor phenomena and hypnosis. Understanding hypnotic induction, trance state and specific suggestions modify the performance of intentional actions and the related “agentive” experience may be beneficial in many ways. First of all, such studies help us to get a better grip on consciousness – how and when do we become conscious of our own actions? Second, we can gain a deeper understanding of will, intention, and the neural mechanisms of initiating and performing motor phenomena. Third, a large variety of psychiatric illnesses are closely related to pathologies in the sense of agency. These include schizophrenia, movement disorders, conversion symptoms, ob-

sessive-compulsive disorders, depression, and habit disorders like alcoholism, binge eating, or problematic gambling. If we uncover how hypnosis influences motor control and the sense of agency, we may also use hypnotic suggestions as a way to modify pathomechanisms of the above mentioned illnesses.

TAKARADA, Y., & NOZAKI, D. (2014). HYPNOTIC SUGGESTION ALTERS THE STATE OF THE MOTOR CORTEX. NEUROSCIENCE RESEARCH, 85, 28–32. DOI: 10.1016/J.NEURES.2014.05.009

Hypnosis may be able to change the subjective experience of causation: some people report that the movements they performed under the effect of hypnotic ideomotor suggestions were not the same as if they initiated them; and vice versa, according to the suggestion given, they might have the impression that they carried out a certain movement (Blakemore, Oakley, & Frith, 2003). For lay people, one of the most unbelievable hypnotic “tricks” is body catalepsy, when –due to the muscle contractions – the body of the hypnotized subject can be suspended between her/his heels and the scruff of the neck, without any support of the torso. This effect is experimentally underpinned. According to Ikai and Steinhaus (1961), hypnotic suggestion can increase the maximal voluntary contraction by 25%. Still, we do not understand exactly how hypnosis influences the motor system.

In this study, the authors used transcranial magnetic stimulation (TMS) on the primary motor cortex (M1) to see whether the hypnotic state on its own, a task motivational suggestion on its own, or their combination affect the subjects’ performance in a handgrip force exertion task. They recruited 21 healthy, right-handed subjects, none of the female participants being pregnant (to avoid the possibility of TMS causing harm to the fetus), and they assessed the motor evoked potential in a hand muscle (abductor pollicis brevis, which abducts the thumb) during resting condition, during maximal force the subjects were able to exert on a handgrip dynamometer with their right hand, and at a moderate level of handgrip force. For each condition, they assessed motor evoked potential before treatment, immediately after treatment, and 7-8 minutes after treatment. In accordance with the previously administered Stanford Hypnotic Susceptibility Scale, Form C (Weitzenhoffer & Hilgard, 1962), all subjects belonged to the high hypnotizable range. That all subjects reached an adequate depth in the experimental hypnosis was tested by the arm rigidity suggestion of the Stanford Scales. Then, according to the experimental condition, evoked motor potential was assessed either in hypnosis, or in the alert state, after

getting the following task motivational suggestion: “You are getting stronger and stronger, you can break all records, and nothing will hurt while you do it. I am going to test your grip strength again, and this time you can squeeze this handgrip device much more strongly than you did before”, or in the hypnotic state *and* the suggestion having been administered.

Interestingly, the authors did not observe a significant main effect of the condition, but there was a significant main effect of the measurement points, and an interaction effect of measurement points \times condition. However, in the moderate-force condition, the combination of hypnosis and task-motivational suggestion was associated with a significantly higher pitch in motor evoked potential in the M1 area, and a significantly higher handgrip force. These results indicate that hypnosis and the given suggestion, in combination, increases corticospinal excitability, and therefore lead to an increased “motor readiness”. This observation is in line with the structural neurocognitive hypnosis theory of Oakley (1999). This finding, although the authors do not mention therapeutic applications, shed a light on how hypnosis can help those who feel inert or hopeless, e.g. those suffering from depression or addictions. Direct motor induction and suggestions, and a general hypnotic increase of activity, e.g. in active-alert hypnosis (Banyai & Hilgard, 1976), can help the client to regain her or his sense of agency and empower them with an enhanced ability to cope with hardships.

POLITO, V., LANGDON, R., & BARNIER, A. J. (2015). SENSE OF AGENCY ACROSS CONTEXTS: INSIGHTS FROM SCHIZOPHRENIA AND HYPNOSIS. *PSYCHOLOGY OF CONSCIOUSNESS: THEORY, RESEARCH, AND PRACTICE*, 2(3), 301-314. DOI: 10.1037/cns0000053

Some of the most disturbing and stressful experiences of schizophrenia include the sense of that the schizophrenic patients have that their actions are

not coming from them, but are initiated or manipulated by external agents. These “passivity” symptoms also include a sense of manipulated thoughts, decisions, limbs or organs, and “made” thoughts or emotions, which feel alien to the patient. These disturbing experiences can be understood on the basis of the so-called comparator model, a theory which implies that an efferent copy – a top-down neural impulse – of the motor signals help us predict the consequences of the given action. If there is a discrepancy or dissociation between the action and the efferent copy, the comparison process will not work properly, which may lead to a misattribution in the generation of actions (or thoughts, emotions, etc.) (Blakemore, Smith, Steel, Johnstone, & Frith, 2000). The question remains, however, if thinking and motor phenomena could be explained within this theory as well. In a broader way of thinking, a normal sense of agency, i.e., the experience that our actions and our mental content are generated by ourselves (Gallagher, 2012), results from the integration of a large variety of internal and external cues, including predictions, proprioceptive feedback, judgments of consequences, and other things.

High hypnotizable subjects often report similar alterations in their sense of agency. They may report carrying out the suggested effects – either motor actions or cognitive-perceptual phenomena – as if these occurred spontaneously and impulsively, without their conscious efforts. Indeed, hypnosis can be used to model symptoms of schizophrenia, including delusions of control (Connors et al., 2014).

The Sense of Agency Rating Scale (SOARS), developed by the first author and his colleagues (Polito, Barnier, & Woody, 2013), contains two factors which tap into the alterations in sense of agency: Involuntariness and Effortlessness. The current version of the scale contains items on Effortlessness which are specific to hypnosis; the authors are currently working on a reformulation to make the items more gen-





23th > 25th

August 2018

www.hypnosis2018.com



THE INTERNATIONAL
SOCIETY OF HYPNOSIS



erally applicable to other states and conditions. The Involuntariness items, nevertheless, are formulated in a more general way, so they are suitable not just for hypnosis but for other instances as well. In the present study, the first author conducted telephone interviews with schizophrenic patients, and asked them about the symptoms they experienced. Particular interest was dedicated to an episode when the patients experienced high subjective alteration in their agency. For instance, the interviewer asked: “Earlier you told me about the experience of your hands making gestures automatically, all by themselves. Think back to that experience. Can you tell me a bit more about what that was like?” When administering the SOARS Involuntariness items to schizophrenic patients regarding this experience, their scores were not statistically different from the experience of involuntariness that high hypnotizable (healthy) subjects experienced during a standard Harvard Group Scale of Hypnotic Susceptibility (Shor & Orne, 1962) session. Moreover, SOARS Involuntariness scores of the schizophrenic patients were significantly associated with a global tendency of the patients to have hallucinatory experiences ($r = .437, p < .005$). These results give a strong support to the notion that hypnosis, in a certain sense, may be a “model situation” for psychopathology – more specifically, hypnotic alteration in the sense of agency is similar to the changes in agentive experience reported by schizophrenic patients. Therefore continued hypnosis experiments with healthy subjects may give us a better understanding on the background mechanisms of schizophrenia.

FLAMAND-ROZE, C., CÉLESTIN-LHOPITEAU, I., & ROZE, E. (2016). HYPNOSIS AND MOVEMENT DISORDERS: STATE OF THE ART AND PERSPECTIVES. *REVUE NEUROLOGIQUE*, IN PRESS. DOI: 10.1016/J.NEUROL.2016.07.008

Movement disorders include a wide array of symptoms and syndromes, such as Parkinson disease and other forms of tremor; tics; stereotypies; dystonia; or torticollis spastica. The symptoms can vary in their intensity, but in all cases they put a heavy burden on the patients (and, in severe cases, for instance in Gilles de la Tourette syndrome, on the environment as well). Hypnosis can be a complementary therapeutic approach in the treatment of movement disorders, as it not just aims to tackle the symptoms, but also to empower and enhance the well-being of the patient. In addition, there are cases when hypnotherapy may work when all neurological and psychiatric treatments have failed (Vértes, 2015).

In this paper, the authors present the results of a

meta-analysis they conducted to collect and assess pieces of evidence on whether hypnotherapy is efficient in treating movement disorders. First, a systematic search was performed in the Pubmed database, to collect all relevant articles published between 1984 and 2015. They identified 267 records, from which 13 proved to be suitable for analysis. Inclusion criteria were: the study being randomized or quasi-randomized clinical trial or case report; either comparing hypnosis with placebo, pharmacological or non-pharmacological intervention, other complementary or alternative medicine, or hypnotherapy was the only studied intervention; the study being published in either English or French. Due to the relatively small number of the possibly relevant articles, the authors did not impose any criteria on outcome measures, treatment duration or study quality.

They assessed, nevertheless, study design, sample size, type of movement disorder, hypnotic procedure (whether heterohypnosis or self-hypnosis was applied), treatment duration; and efficacy. The 13 selected studies involved case studies and clinical trials, applying hypnotherapy in cases of chorea, tics, dystonia, tremor/parkinsonism, and stereotypies.

The median of the therapeutic sessions was three (ranging from 1 to 100), the median duration was 13 months (2–36 months minimum and maximum). The interventions included relaxation, pleasant imagery, and in most cases, suggestions and metaphors to enhance the patient’s motor control skills. Mostly due to a large variation in the interventions, the accumulated evidence is not eligible for stating that hypnotherapy is effective in the treatment of movement disorders, nevertheless the results are promising. Those who provide hypnotic treatment for patients with movement disorders should strive to conduct randomized clinical trials using replicable protocols and standardized measures, and to report results that fit into further meta-analyses (e.g., pre- and post-treatment scale scores, and effect sizes). Kazdin (2008) provides handy guidelines for planning and conducting such a study.

SRZICH, A. J., BYBLOW, W. D., STINEAR, J. W., CIRILLO, J., & ANSON, J. G. (2016). CAN MOTOR IMAGERY AND HYPNOTIC SUSCEPTIBILITY EXPLAIN CONVERSION DISORDER WITH MOTOR SYMPTOMS? *NEUROPSYCHOLOGIA*, 89, 287–298. DOI: 10.1016/J.NEUROPSYCHOLOGIA.2016.06.030

From the classical works of Janet (1901) and Charcot (1882) we know that hysteria and conversion disorders are closely related to dissociation. This may give an explanation why conversion disorders is one of the mental illnesses – alongside bulimia, PTSD, and suicidality – which, at least in some cases, is

characterized by high hypnotic susceptibility (Roelofs et al., 2002). In this review, the authors argue that the shared underlying mechanism in both conversion disorders and hypnotic responding may be motor imagery. More specifically, they emphasize the possible role of motor suppression imagery – a strategy aiming to inhibit the movements – and kinaesthetic or visual motor imagery, which refers to “seeing” or “feeling” ourselves performing the given movement. No doubt, this concept is closely related to a sense of agency, which denotes the feeling that I am the one who initiated or caused my actions. The authors first give a detailed overview of the controversial evidence either supporting or opposing that different forms of imagery are related to hypnotizability.

They list many studies suggesting that in the background of imagining motor movements, are the inhibition of right inferior parietal lobe and excitation of the primary motor area, supplementary motor area and premotor areas. They integrate these observations into a neural model which can explain how high susceptible subjects perform direct motor suggestions (e.g., imagine that their right elbow deflects), and motor challenge suggestions (e.g., their right arm becomes stiff like a steel rod, and thus they are unable to bend the elbow). They put this concept in the context of hypnosis theories, and they argue that the model is consistent with the concept of Woody, Barnier, and McConkey (2005), who state that behind hypnotic responding, there is a general factor of “hypnotizability”, while subskills related to direct/challenge and motor/perceptual suggestions determine how the subject will respond to the given suggestion.

Different studies on the association of conversion symptoms and hypnotic susceptibility also brought contradictory results. The authors argue that since conversion disorders are relatively uncommon and therefore in most studies different subtypes (e.g., pseudoseizures, motor/sensory conversion disorders, or somatization disorders) are taken together, although different subtypes may have different pathomechanisms. Neuroimaging studies of hypnotically induced or conversion-related paralysis, for instance, highlighted the role of anterior cingulate cortex and right orbitofrontal cortex as inhibitors of motor activation. These observations, and the few studies conducted of impairments in motor imagery in functional movement disorders, suggest that imagery-related motor suppression may play a role in these symptoms.

REFERENCES

- Banyai, E. I., & Hilgard, E. R. (1976). Comparison of active-alert hypnotic induction with traditional relaxation induction. *Journal of Abnormal Psychology*, 85(2), 218–224. DOI: 10.1037/0021-843X.85.2.218
- Blakemore, S. J., Oakley, D. A., & Frith, C. (2003). Delusions of alien control in the normal brain. *Neuropsychologia*, 41(8), 1058–1067. DOI: 10.1016/S0028-3932(02)00313-5
- Blakemore, S. J., Smith, J., Steel, R., Johnstone, C. E., & Frith, C. D. (2000). The perception of self-produced sensory stimuli in patients with auditory hallucinations and passivity experiences: evidence for a breakdown in self-monitoring. *Psychological Medicine*, 30(5), 1131–1139. DOI: 10.1017/S0033291799002676
- Charcot, J. M. (1882). Sur les divers états nerveux déterminés par l'hypnotisation chez les hystériques. *Comptes Rendus Hebdomadaires des Séances de l'Académie des Sciences*, 94, 403–405.
- Connors, M. H., Barnier, A. J., Langdon, R., Cox, R. E., Polito, V., & Coltheart, M. (2014). Delusions in the hypnosis laboratory: Modeling different pathways to mirrored-self misidentification. *Psychology of Consciousness: Theory, Research, and Practice*, 1(2), 184–198. DOI: 10.1037/css0000001
- Gallagher, S. (2012). Multiple aspects in the sense of agency. *New Ideas in Psychology*, 30(1), 15–31. DOI: 10.1016/j.newideapsych.2010.03.003
- Ikai, M., & Steinhaus, A. H. (1961). Some factors modifying the expression of human strength. *Journal of Applied Physiology*, 16(1), 157–163.
- Janet, P. (1901). *The mental state of hystericals: a study of mental stigmata and mental accidents*. New York, USA: Putnam and sons.
- Kazdin, A. E. (2008). Evidence-based treatment and practice: New opportunities to bridge clinical research and practice, enhance the knowledge base, and improve patient care. *American Psychologist*, 63(3), 146–159. DOI: 10.1037/0003-066X.63.3.146
- Oakley, D. A. (1999). Hypnosis and consciousness: A structural model. *Contemporary Hypnosis*, 16(4), 215–223. DOI: 10.1002/ch.178

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.

Ron De Stefano chose Wollie Hartman to be the next person to ask.



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

Attending the ISH Congress in Konstanz, Germany in 1990 when I attended the Ego State workshop of John and Helen Watkins.

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

When Helen Watkins did a hypnotic induction with me and an intervention which changed my life in 1990 .

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 had the privilege of several wonderful teachers. John and Helen Watkins, Erika Fromm, Jeffrey Zeig, Andre Weitzenhoffer, Jay Haley Ernest Rossi, Michael Yapko etc.

4. What is your favorite book?

Hypnosis in Psychotherapy and Psychosomatic Medicine by Dirk Revensdorf and Burkhard Peter (in German). Springer Verlag. It is an amazing state of the art book!

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

Walking in the forest and swimming in the sea.

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

My impatience.

7. Which human feature do you admire the most?

Wisdom.

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.)?

Interior decorating and design.

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

Combining hypnotic interventions with touch and bodywork.

10. The special question to you from Ron De Stefano: What contributed to a “High Moment” of your life?

The day I got married to my wife Idillette.



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

Consuelo Casula

Question:
What in your opinion makes you such a special woman and professional?



Woltemade Hartman (Ph.D) is a Clinical and Educational Psychologist, and psychotherapist in private practice in Pretoria, South Africa. He received his training as an Ericksonian psychotherapist at the Ericksonian Foundation in Phoenix, Arizona, USA. Dr Hartman also trained as an Ego State therapist with Prof J.G. Wat-

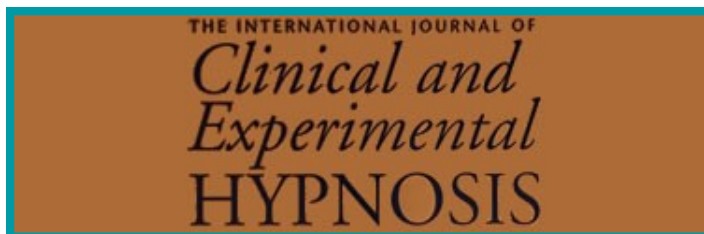
kins and Mrs H. Watkins in Missoula, Montana, USA. He is the author of "Ego state therapy with sexually traumatized children" and "Einführung in die Ego-State Therapie", as well as various articles on the topic of hypnosis and psychotherapy.

Dr Hartman is a past executive committee member of the South African Society of Clinical Hypnosis, past member of the Board of Psychology of the Health Professions Council of South Africa (HPCSA) and is the Founding Director of the Milton H. Erickson Institutes of South Africa (MEISA). He is also Past-President of Ego State Therapy International (ESTI) and was a Board Member of the International Hypnosis Society (ISH) until 2015.

Dr Hartman is a Senior Research Fellow at the Department of Psychology at the University of Johannesburg and lectures in South Africa, Europe, Australia, Canada, USA, Scandinavia China and Japan. He also currently teaches on an annual basis for the Milton H. Erickson Society of Germany (MEG), and the Milton Erickson Society of Austria (MEGA). He has been a Keynote Speaker at various international congresses.

Dr Hartman has been accredited by Danie Beaulieu Ph.D and the Académie Impact in Québec, Canada, to conduct training in Eye Movement Integration (EMI) internationally.

Dr Hartman is the recipient of the 2009 Early Career Award for Innovative Contributions to Hypnosis from the International Society of Hypnosis. He is also trained in Eye Movement Desensitization and Reprocessing (EMDR), Eye Movement Integration (EMI), EdxTM (Energy Psychology), Impact Therapy, Mindfulness Techniques, Soma Bodywork and Somatic Experiencing (SE).



As a member of The International Society of Hypnosis, if you have subscribed to the journal, you are eligible to access International Journal of Clinical and Experimental Hypnosis online. Upon joining or renewing your membership, you should receive an email from the publisher of the journal, Taylor & Francis, with instructions for journal access and with your subscription activation code.

The email will come from onlineac-esshelp@taylorandfrancis.com.

Please see further information [here](#).



THE INTERNATIONAL
SOCIETY OF HYPNOSIS

History of ISH

In order to understand the origins of The International Society of Hypnosis it is useful to first place hypnosis in the proper scientific context. Clinical hypnosis has been the subject of research and investigation for as long as modern science has been conducting empirical research. The scientists conducting this research have approached hypnosis from many different perspectives, and while not always in agreement theoretically, they shared both a fascination with the topic and respect for one another's research efforts. It was this shared interest that encouraged collegial collaboration and the birth of a society.

The earliest studies of hypnosis in western medicine that received worldwide attention originated with the work of a Viennese doctor, Franz Anton Mesmer (1734-1815). He theorized that disease was caused by imbalances of a physical force, which he called animal magnetism. Mesmer believed that cures could be achieved by redistributing this magnetic fluid — a procedure that typically resulted in pseudoepileptic seizures known as "crises"...

[Read more here...](#)

Interactive Corner



News from the European Hypnosis Community

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

ESH president’s letter: *L’Unione fa la forza (Unity is Strength)*



I am glad to inform you that the British Society of Clinical & Academic Hypnosis (<http://www.esh2017.org>) is working hard in organizing the best congress possible. We already have around 150 participants and hope that late comers will join us at the last moment. The current board is cohesively

united to complete its job in order to pass the baton to Martin Wall for the next three-year term with his new team.

I am glad to share with you the information I received from Mike Schekter that his society and two others are united to bid for organizing the **XV ESH congress in 2020 in Basel**. A true example of Swiss confederation culture and a concrete manifestation of the old motto *L’Unione fa la forza, Unity is strength*. The three Swiss societies are Gesellschaft für klinische Hypnose/Schweiz Société Médicale (GHYPS / SHYPS), the Swiss Medical Society for Hypnosis (SMSh) and the Institut Romand d’Hypnose Suisse (IRHyS). The IRHyS is not yet one of our constituent society, but I know they are preparing the documents needed to apply to become ESH members. Our board members already know the IRHyS since they organized the board meeting in Lausanne with GHYPS / SHYPS (see the previous Newsletter 2, 2016).

In the mean time we wait and see if there are other ESH Constituent Societies interested in organizing the 2020 ESH Congress.

I wish you a lovely autumn,

Consuelo Casula

Conference Report from BSMDH (Scotland)

STEVEN HASSAN — THE DARK SIDE OF HYPNOSIS

A brief report
by Kathleen Long

When I attended the ISH congress in Paris there was one speaker who struck a chord with me, Steven Hassan. I sat listening to someone who had been brainwashed by some of the techniques that we use in hypnotherapy. I had never come across him before but was absolutely engrossed by what he had to say about his experiences at the hands of the ‘Moonies.’ His explanation of what happened to him and how he managed to be deprogrammed was nothing short of fascinating. I felt I had met a kindred spirit in some way. I wanted to know more! I hung back after the meeting to ask him if he would consider coming to Scotland and he gave me his card. I had a sneaking suspicion that he never expected to hear from me again. I managed to get hold of his first book ‘Combating Cult Mind Control’ and reading it only increased my fascination with this topic.



Steven Hassan

After some months of transatlantic emailing and organisation Steven spent a weekend with the members of BSMDH (Scotland) 1st 2nd October 2016 for a two day workshop and I crossed my fingers that they would find him as fascinating as I had in Paris. They did! Although Steven spent time telling us about his experiences he also made us realise just how wide-

spread brain washing or mind control is and has been in the past. His insights as both a recovered victim of brainwashing and as a therapist gave us a very different take on things. 'It could never happen to me' became 'maybe it could' or even 'maybe it has!' Steven described the resilience of the authentic self which can never be destroyed but can be effectively suppressed by a new false identity. He gave us strategies to tap into that authentic self in non-threatening helpful ways which can help the authentic self to become stronger and allow it to question the false 'new self'. His BITE model of mind control used by those wishing to exert undue influence was clear and logical:

Behaviour Control
Information Control
Thought Control
Emotional Control

He gave us many examples of modern day brainwashing including the effectiveness of videos by terrorist groups who use movie themes and game themes to interest and ultimately brainwash their intended audience. He gave us a list of cults where they use isolation, misinformation and deception to entice people to join and I think we were all surprised at the length of the list. Having said that Steven was quite clear that you can be in a cult of two people where one person holds power over the other. The person in the position of power may not be formally trained in hypnosis but the effect can be extremely powerful. A classic example of this undue influence is in domestic abuse where the abuser holds power over the abused. The authentic self is subjugated by the false self that has been created by deception, isolation, abuse and implanted fear of the outside world. In the violent seedy world of sex trafficking which is rife throughout the world and often operating under our very noses the same undue influence and subjugation of authentic self ap-

plies. Prostitution where the pimp controls the prostitute is another clear example of mind control. Steven demonstrated throughout the two days just how the BITE model was universal in every mind control scenario from the sophisticated multimillion dollar industries involved in labour and sex trafficking to the multimillion dollar religious cult industries.

Whilst in Scotland we managed to get Steven interviewed by the newspapers and on radio to explain how important his work is. He also gave advice to parents about spotting changes in behaviour that might indicate that their son or daughter is being brainwashed into a cult. How great but dangerous the internet can be when we don't know what our children are watching and who they are really talking to. The British Medical Journal also did an interview with him and I look forward to reading it when it comes out.

The Dark Side of Hypnosis may not be something we want to recognise but it is out there. Steven Hassan actually reinforced how crucially important it is that we in ESH be known for our ethical standards when treating patients. It is important that we recognise that there are many people out there who have no interest in helping people but are only interested in manipulating them. We will all have seen these patients and may not have recognised them. Is the person in front of you being sex trafficked or thinking of becoming a suicide bomber? How would you know? How could you help them? What could you say that would register with their authentic self? Our eyes may be wide open but I think Steven Hassan helped us open them much wider.

Steven Hassan's website is Freedom of Mind
www.freedomofmind.com

Steven has two books that I have read, are in my library and I recommend: [Combating Cult Mind Control](#) and [Freedom of Mind and Helping Loved Ones Leave Controlling People, Cults and Beliefs](#) both are available from Amazon.



In the picture: Angela Samson our administrator, Kathleen Long Hon Secretary, Academic Secretary, and Past President, Alan Dewar President, Steven Hassan. Steven Hassan actually reinforced how crucially important it is that we in ESH and ISH be known for our ethical standards when treating patients.

XIV ESH congress update

Here in Manchester we are getting excited to welcome you all next year. Many of you have already signed up but if you have not done so yet, the sooner you do the better! The early-bird rate is still available.

The Manchester congress will be 'The Friendly Congress' as Manchester is famous for being the friendly city, coming top in an online readers poll of the kindest cities in the UK (**Daily Mirror 22 MARCH 2016** <http://www.mirror.co.uk/news/uk-news/uk-kindest-cities-revealed-your-7606498>). Our city is a wonderful place to visit so why not bring your family and extend your stay to take advantage of our wonderful mix of city life and surrounding beautiful countryside. Our city is famed for its music scene, cultural life and, of course, great football!

Our conference venue is a great hotel which even has a cocktail bar Cloud 23 high above the surrounding buildings. Here you will be able to drink a

specially created ESH congress cocktail whilst enjoying the most spectacular views over the whole of Manchester.

If you have never come to an International conference before now is the time to discover that attending this one is accessible, rewarding and enriching. We look forward to welcoming all delegates regardless of experience level – whether new, established or veteran members – there will be something for everyone!

In keeping with this theme, you will be taken care of for the whole time you are at congress, with refreshments and lunches all included in the conference fee. This gives plenty of time for informal discussions and socializing between sessions, meeting new people from hypnosis societies from around the world or simply meeting up with friends old and new.

We have a fantastic array of speakers already lined up for you to enjoy. You can check these out on the

XIV ESH congress

hosted by

**British Society of Clinical
& Academic Hypnosis (BSCAH)**

23rd – 26th August 2017

www.esh2017.org



Hypnosis

unlocking hidden potential

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

Welcome to ESH 2017

**BOOK BEFORE 31ST JULY 2016
FOR SUPER EARLY BIRD RATE**

Early Registrations	GBP	Approx Euro Conversion
Early Registration Members	325	455
Early Registration Non-Members	400	560
Early Registration Students and B countries	225	315

**All lunches and refreshments are
included**

CALL FOR PAPERS & WORKSHOPS

**You are invited to submit an abstract
for a presentation at the ESH 2017
congress before 1st January 2017**

**See www.esh2017.org
for further details**

website <http://www.esh2017.org/programme>.

In addition, many of you have already submitted abstracts for workshops and papers, but there is still room for lots more. The deadline for submissions is 31st October 2016, but if you think you may be later than that, please let us know as we might be able to extend this deadline. The workshops and paper presentations will be woven into a wonderful tapestry of learning and participating in an amazing experience which will open your eyes to exciting possibilities in the world of hypnosis.

So decide today, be part of your society, come and enjoy Manchester and be part of developing the future of hypnosis!

Book your place at <http://www.esh2017.org/>

Hypnosis – unlocking hidden potential Tools for communication, health and healing in the 21st century

The call for papers has gone out and abstracts for papers, workshops and presentations can now be submitted on line at www.esh2017.org before 1st January 2017.

The conference fee includes all lunches as well as refreshments during morning and afternoon breaks.

A reduced fee is also available for students and those from countries with a low GDP (see list on www.esh2017.org).

Rooms have been reserved at various hotels with a spread of prices so if you don't wish to stay at the conference hotel there are other possibilities available. We are gathering a great array of interesting speakers many of whom have not often presented at European meetings and some advance details will be uploaded to the programme area of the website from time to time.

So why should you come to Manchester?

Manchester is a fascinating mixture of old and new; with buildings of modern glass and steel rising up next to ornate and beautiful Victorian facades. As well as the Manchester Ship Canal and Bridgewater Canal there are several open spaces where one can sit and relax after going on a shopping spree though the vibrant shops of the city. If you love food Manchester boasts a wide variety of world class cuisines and you can always go into the typical British pub for a pie and a pint!

Within easy reach of the Conference Hotel there is the Bridgewater Hall, a purpose built concert hall, where many orchestras, as well as our own Halle Orchestra, frequently perform. Nearby is the ornate Victorian Palace Theatre, and the first theatre in the round, in what used to be the old Exchange Hall for the Lancashire cotton industry, and is now the Royal Exchange Theatre with the most beautiful sculpted ceilings.

There are many interesting concerts at the Royal Northern College of Music (RNCM) as well as contemporary dance and theatre at the Lowry Theatre in Salford Quays. This latter is very near the BBC and ITV Media City complex as well as the Imperial War Museum.

If you enjoy museums and art galleries we have several in Manchester, and the Manchester Art Gallery now includes the converted Athenaeum, where James Braid first demonstrated hypnosis to an audience of British doctors. Some of his original manuscripts are stored in another wonderful Manchester building – the John Rylands Library.

If you love old buildings then go and take a look at Manchester Town Hall and the circular Central Library. Trams and buses connect all parts of the city and it is easy to venture further afield into the surrounding countryside or other fascinating cities such as York or Liverpool. Truly Manchester has something for everyone!

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 ☺).



**Marion Orel
Paris, France**

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

My name is Marion Orel. I live in Paris in France. I've studied

art in Nice in the south of France before starting different jobs in the organization of big events, mainly in music but not only.

I was working on the organization of the Paris Congress 2015 and I'm going start to work for ISH in November as a secretary for the president Claude Virot.

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



My first contact with ISH was when I was working for the Paris Congress 2015, therefore when I started to work for the CFHTB in July 2014.

I discovered ISH while organizing this nice event, and that's

when I became more familiar with the way it works and its various members.

What is your current “job” / task here?

I'll work on the communication, creating documents and advertising. I'll work as well on the website, keeping it updated with photos, videos and documents from congresses and events.

I'll also participate to the BOD meetings and work for the scientific meetings among other tasks.

When not for ISH: what is your professional work?

I'm a visual artist. I have my studio in Le Pré St Gervais near Paris, where I work on my drawings and cuttings. I also have a major photo project about sailing daymarks for which I travel on the coasts of the world to take pictures of these objects that I call “minimal sculptures”.

I regularly exhibit my artwork but if you want to see it on internet you can check my website: www.marionorel.com.

And something about your free time. Hobby? Preferred pastime?

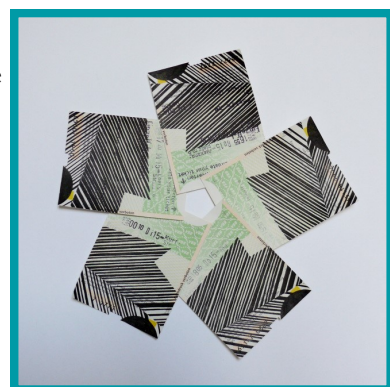
My two main activities include art and music, so I regularly see music shows and exhibitions. I'm also a musician and I play drums and sing in two projects, a duo called *Destination Cervo* and a band called *Thee Dead Clodettes*, all exclusively comprised of women.

With these projects I regularly travel through Europe to play gigs and I couldn't expect a better hobby.

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

The aspects I prefer the most and that are common to these different activities are meeting people and new means of expression, being surprised, and learning.

But my last memorable moment and for sure the greatest is the birth of my son Vadim, a gorgeous little boy who is 4 month old!



XXIst World Congress of Hypnosis

The www.hypnosis2018.com website is now up and running. Now you can go there to register and see what will be in store for you in August 2018!

A welcome note from the organizer, Michel Landry

We are very pleased to invite you to the XXIst WORLD CONGRESS OF HYPNOSIS. The triennial Congress of the [INTERNATIONAL SOCIETY OF HYPNOSIS \(ISH\)](http://www.ish-hypnosis.org) will promote exchanges between researchers, clinicians and students from over 30 clinical and medical hypnosis societies from around the world.

WHERE: MONTREAL (CANADA)

WHEN: AUGUST 23 – 25, 2018

Montreal is a unique cosmopolitan city, where French and English languages coexist, as well as 80 other languages, all in a Euro-American context. Considered one of the safest cities in the world, Montreal offers a multicultural atmosphere which will seduce you with its energy, culinary delights and attractions. We believe your stay here will be a rich, memorable and unique experience.

The Montreal Convention Centre, located in the heart of the city, is just a few steps from historic Old Montréal, providing an exceptional environment for participants at this scientific meeting.

Montreal's clinicians and researchers have a long-standing investment in hypnosis and a solid international reputation with it. Several university centers recognized for their work in hypnosis have contributed to the 21st Century's understanding of the neurocognitive mechanisms involved in the field.

THEME:
HYPNOSIS AND SYNERGY

This congress will offer an opportunity to attend state-of-the-art presentations on clinical and medical hypnosis.

Registering now on Montreal 2018's send list will keep you informed of all the newest developments and congress details. The members of the host society, [Société québécoise d'hypnose](http://www.societequebecoisehypnose.org), look forward to welcome you in Montreal.



Michel Landry
Chairman
XXIst World Congress of Hypnosis
Montréal 2018



Condolences



**Emily Carota Orne
1938-2016**

Emily Carota Orne, wife of the late Martin T. Orne and his companion in research for almost 40 years, passed away on August 1, 2016, from amyotrophic lateral sclerosis.

Emily Orne was born in Boston on September 7, 1938, to Ruth Farrell Carota

and Emil Carota. As an undergraduate at Bennington College, she did a field work term at the Massachusetts Mental Health Center, which brought her into contact with Martin, who was Senior Research Psychiatrist there, and Director of the Studies in Hypnosis Project. After graduation in 1959, she did graduate work in psychology at Brandeis University, where she was taught by Abraham Maslow, Ulric Neisser, and Walter Toman.

Emily and Martin were married in 1962, and worked together for the next 38 years. In 1964, the Orne laboratory, known as the Unit for Experimental Psychiatry, moved to the Institute of Pennsylvania Hospital and the University of Pennsylvania School of Medicine, in Philadelphia, where she was a Research Associate of Psychology in Psychiatry. Martin died in 2000, and Emily retired in 2014.

Emily's most salient contribution to hypnosis research was to develop, with Ronald E. Shor, the Harvard Group Scale of Hypnotic Susceptibility, Form A, an adaptation for group administration of Weitzenhoffer and Hilgard's Stanford Hypnotic Susceptibility Scale, Form A. The Harvard Scale introduced substantial economies into the assessment of hypnotizability, and made it possible for investigators of even limited resources to become involved in hypnosis research. By any standard, it has been the most frequently employed measure of hypnotizability by researchers worldwide, having been cited almost 1500 times (according to Google Scholar) and translated into many languages.

Emily was particularly concerned with the forensic use of hypnosis, and was a leading figure in the debate over the hypnotic recovery of memories of child sexual abuse and other traumas. She co-authored influential studies that warned of the dangers that the suggestive nature of hypnosis posed for the accuracy of memory, and cautioned that any memory "recovered" through hypnosis should be independently confirmed.

She was also interested in the medical applications of hypnosis, and published a number of studies on the use of hypnosis in pain relief and stress management in children with sickle-cell disease. Through all of her research, Emily insisted, as Martin did, that the effects of hypnosis were "real", in the sense that they were subjectively compelling, even as the subject's interpretation of contextual demand characteristics shaped his or her response to the hypnotist's suggestions.

The research program at the Unit was very broad, and Emily was also involved in a wide variety of studies outside of hypnosis, including the effects of sleep and naps on attention and human performance, and the psychophysiological detection of deception. Whatever the topic, she devoted herself to the research completely. She had an excellent eye for viewing experimental situations "from the subject's point of view".

When new studies were being discussed, planned, and piloted, Emily, as Martin did, ensured that the investigators could articulate the conceptual and methodological alignment of those studies, would anticipate the possible empirical outcomes (not just the desired one) and consider alternative explanations for those outcomes, and would bring the investigators back to understanding the perspectives of the subjects in the study. And after the study was completed and being written up, regardless of whether Emily was an author, she was a tireless editor of the Unit's publications.

Draft after draft would pass through her hands, returned to its author(s) liberally splashed with red ink, until the final version was as good – clear, concise, and convincing – as it could possibly be before submission. And when the paper came back from editorial review, she would repeat the process all over again. She lavished the same talent on articles submitted to the *International Journal of Clinical and Experimental Hypnosis* during Martin's term as Editor-in-Chief (1961-1992), a period in which the Journal rose to pre-eminence not only as a venue for hypnosis research, but also as an exemplar of strong contemporary thinking in psychology and psychiatry.

In recognition of her contributions to the field of hypnosis, she was awarded the Benjamin Franklin Gold Medal from the International Society of Hypnosis.

Many people worked with Emily, and with Martin, at the Unit for Experimental Psychiatry over their years, some for short periods of time and some had long association; that association was highly influential for many. Indeed, whatever the period of time together, whatever career followed, and wherever in the world they went, the direct and indirect influence of Emily continued in various ways. In addition to a continuing interest in the careers of many of those people, as evident in letters and emails from Emily about a publication by them she read or a career move she heard about, Emily also expressed keen interest in the personal activities, family members and loved ones, and happiness of those whose careers she had helped to shape at the Unit for Experimental Psychiatry.

Emily Carota Orne is survived by her son Frank T. Orne, and her daughter Tracy M. Orne, her brother Noel Farrell Carota, her sisters-in-law, Lindsay Stradley Carota and Susie Orne, and their families, and by her caregiver Michael McCullough.

John Kihlstrom



**Martin and Emily Orne,
at the ISH: Hague 11th Congress, 1988.
(The photo is courtesy of Peter Bloom.)**



This obituary will be published in the International Journal of Clinical and Experimental Hypnosis and is reprinted here with permission.

List of Contributors

Katalin Varga, varga.katalin@ppk.elte.hu
EDITOR

Claude Virost, president@ishhypnosis.org
President, ISH

LIST OF CONTRIBUTORS

Assen Alladin, dralladin@shaw.ca

Consuelo Casula, consuelocasula@gmail.com

Reinhild Draeger-Muenke, rmuenke@aol.com

Erdélyi-Belle Boglárka, erdelyi_belle.boglarka@med.semmelweis-univ.hu

Maria Escalante, maryclimber@hotmail.com

John Kihlstrom, jfkihlstrom@berkeley.edu

András Költő, kolto.andras@ppk.elte.hu

Kathleen Long, kathleen@maxamind.co.uk

Suzanne Malik, ishworldoffice@gmail.com

Marion Orel, orelmarion@gmail.com

Teresa Robles, tere@grupocem.edu.mx

Nicole Ruysschaert, nicole.ruysschaert@skynet.be

Linda Thomson, lindathomson@hypnovations.com

Martin Wall, martinwall1@mac.com

Judit Osvat, osvat.judit@ppk.elte.hu
Layout Editor

**For more information, contact ISH World Headquarters at
ishworldoffice@gmail.com**