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The International Society of Hypnosis NEWSLETTER

Building Bridges of Understanding
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A LETTER FROM THE PRESIDENT



MARK JENSEN

Dear members of the world hypnosis community,

I am writing this letter from Singapore, getting ready to board a flight to Bengaluru, India, to meet with valued colleagues Dr. Jini Gopinath, Dr. Prasanta Kumar Roy, and Dr. Dipankar Patra, all of who are leaders in the Indian Society of Clinical and Experimental Hypnosis (ISCEH). ISCEH has a long history of providing training and support for clinicians providing clinical hypnosis in India, and is seeking to make its ties with ISH and the international hypnosis community even stronger. I was honored to volunteer my time to facilitate a workshop organized by ISCEH and co-sponsored by ISH in December of last year, have plans to facilitate another workshop in India (in

Kolkata) this coming December. I am also working closely with the ISCEH leadership to support future collaborations. It has been very rewarding to be building these bridges.

There are many benefits to ISH for co-sponsoring workshops with national hypnosis societies. First, as alluded to above, co-sponsoring workshops is a concrete one way to build bridges of understanding between ISH and our Constituent Societies. It also facilitates the sharing of experience and knowledge between people from different countries and cultures, which is mutually enriching. Third, workshops always generate new energy and excitement among participants; with more hypnosis workshops, the opportunities for the expansion of hypnosis grow. To the extent that ISH can help to nurture workshops around the world, this contributes to an overall increase in interest in and use of hypnosis. Moreover, through co-sponsored workshops, Constituent Society members can learn more about ISH and the wider global hypnosis community. Some will become individual ISH members for the first time and participate in future ISH events and in ISH leadership. This brings greater diversity and global participation into our ISH community. For these reasons and more, I hope to see increasing numbers of workshops co-sponsored between ISH and our CS's in the years ahead. If you are a member of a Constituent Society and think that a workshop co-sponsored with ISH would benefit your community, please contact me, the Council of Representatives Chairperson (Dr. Woltemade Hartman), Council of Representatives Vice-Chairperson (Dr. Callie Hattingh), or the Chair of our Education and Training Committee (Dr. Enayat Shahidi) via info@ishhypnosis.org.



Another way that we have sought to facilitate connections and bridge building in the international hypnosis community is by meeting virtually every month at the Coffee with the President event. These are mostly held on the first Thursday of each month, at 16:00 Central European Time. However, we have occasionally held this event at other times in the day to make it easier for people living outside of Europe to participate. We have done this, in particular, when the Coffee with the President was co-sponsored by an ISH Constituent Society. If by chance you have not yet had the opportunity to participate in a coffee event, please accept my invitation to do so. Keep your eyes open for the invitation from ISH's administrative staff, register, and then join us. Also, if you would like *your* Constituent Society to co-sponsor a coffee event, please get in touch with me so we can arrange this (again, via info@ishhypnosis.org).

And finally, some good news about our 2023 anniversary events. The first of three ISH President Panels where the past, present, and future of ISH was discussed by past, present, and future ISH presidents was successfully held in early July of this year. If you missed the panel discussion, you are welcome to watch it at the following YouTube link: <https://youtu.be/vWry-WVJQk>. Similar panels are scheduled for the European Society of Hypnosis conference in Antalya, Türkiye in October and in the Italian Society of Hypnosis Congress in Bologna, Italy in November. You will be able to participate in both of these panel events virtually. Please keep your eyes open for the invitations.

I am looking forward to seeing you soon. Perhaps at one of the monthly coffees, perhaps at the upcoming European Society of Hypnosis conference in Antalya, Türkiye, in October, perhaps at the upcoming Italian Society of Hypnosis in Bologna, Italy, in November, at one of the monthly virtual ISH Masterclass webinars, or at the ISH World Hypnosis Conference in Krakow in June of next year.

Warm regards,
Mark P. Jensen



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EIN BRIEF DES PRÄSIDENTEN

ÜBERSETZT VON SHADY TONN

Liebe Mitglieder der weltweiten Hypnosegemeinschaft,

Ich schreibe diesen Brief aus Singapur und bereite mich darauf vor, einen Flug nach Bengaluru, Indien, zu besteigen, um mich mit den geschätzten Kollegen Dr. Jini Gopinath, Dr. Prasanta Kumar Roy und Dr. Dipankar Patra zu treffen, die alle führende Mitglieder der Indian Society of Clinical and Experimental Hypnosis (ISCEH) sind. Die ISCEH hat eine lange Tradition in der Ausbildung und Unterstützung von Klinikerinnen und Klinikern, die in Indien mit klinischer Hypnose arbeiten, und ist bestrebt, ihre Verbindungen zur ISH und zur internationalen Hypnosegemeinschaft noch enger zu gestalten. Ich hatte die Ehre, im Dezember letzten Jahres ehrenamtlich einen von der ISCEH organisierten und von der ISH mitgesponserten Workshop zu leiten, und habe vor, im kommenden Dezember einen weiteren Workshop in Indien (in Kalkutta) zu leiten. Ich arbeite auch eng mit der ISCEH-Führung zusammen, um künftige Kooperationen zu unterstützen. Es ist sehr lohnend, diese Brücken zu bauen.

Es gibt viele Vorteile für die ISH, wenn sie Workshops gemeinsam mit nationalen Hypnosegesellschaften veranstaltet. Erstens ist die gemeinsame Ausrichtung von Workshops, wie bereits erwähnt, ein konkreter Weg, um Brücken des Verständnisses zwischen der ISH und unseren Mitgliedsgesellschaften zu bauen. Es erleichtert auch den Erfahrungs- und Wissensaustausch zwischen Menschen aus verschiedenen Ländern und Kulturen, was eine gegenseitige Bereicherung darstellt. Drittens erzeugen Workshops immer neue Energie und Begeisterung unter den Teilnehmern; mit mehr Hypnose-Workshops wachsen auch die Möglichkeiten zur Verbreitung der Hypnose. In dem Maße, in dem die ISH dazu beitragen kann, Workshops auf der ganzen Welt zu fördern, trägt dies zu einem allgemeinen Anstieg des Interesses an der Hypnose und ihrer Anwendung bei. Darüber hinaus können die Mitglieder der nationalen Hypnosegesellschaft durch gemeinsam gesponserte Workshops mehr über die ISH und die breitere globale Hypnosegemeinschaft erfahren. Einige von ihnen werden zum ersten Mal Einzelmitglieder der ISH und nehmen an künftigen ISH-Veranstaltungen und an der ISH-Führung teil. Dies bringt eine größere Vielfalt und globale Beteiligung in unsere ISH-Gemeinschaft. Aus diesen und weiteren Gründen hoffe ich, dass in den kommenden Jahren immer mehr Workshops gemeinsam von der ISH und unseren CS's gesponsert werden. Wenn Sie Mitglied einer Mitgliedsgesellschaft sind und der Meinung sind, dass ein gemeinsam mit der ISH veranstalteter Workshop für Ihre Gemeinschaft von Vorteil wäre, wenden Sie sich bitte an mich, die Vorsitzende des Repräsentantenrats (Dr. Woltemade Hartman), den stellvertretenden Vorsitzenden des Repräsentantenrats (Dr. Callie Hattingh) oder den Vorsitzenden unseres Ausschusses für Aus- und Weiterbildung (Dr. Enayat Shahidi) unter info@ishhypnosis.org

Eine weitere Möglichkeit, Verbindungen und den Brückenschlag in der internationalen Hypnosegemeinschaft zu erleichtern, sind die fast monatlich stattfindenden "Coffee with the President" - Veranstaltungen. Diese finden meist am ersten Donnerstag eines jeden Monats um 16:00 Uhr mitteleuropäischer Zeit statt. Gelegentlich haben wir diese Veranstaltung jedoch auch zu anderen Tageszeiten abgehalten, um Menschen, die außerhalb Europas leben, die Teilnahme zu erleichtern. Dies haben wir insbesondere dann getan, wenn der Kaffee mit dem Präsidenten von einer ISH-Mitgliedschaft gesponsert wurde. Wenn Sie zufällig noch nicht die Gelegenheit hatten, an einem Kaffee-Event teilzunehmen, nehmen Sie bitte meine Einladung an, dies zu tun. Halten Sie die Augen nach der Einladung der ISH-Verwaltung offen, melden Sie sich an und kommen Sie dann zu uns. Wenn Sie möchten, dass Ihre Mitgliedschaft als Co-Sponsor eines Kaffee-Events auftritt, setzen Sie sich bitte mit mir in Ver-



bindung, damit wir dies arrangieren können (wiederum über info@ishhypnosis.org).

Und schließlich noch eine gute Nachricht zu unseren Jubiläumsveranstaltungen 2023. Das erste von drei ISH-Präsidenten-Panels, bei denen vergangene, gegenwärtige und zukünftige ISH-Präsidenten über die Vergangenheit, Gegenwart und Zukunft der ISH diskutierten, wurde Anfang Juli dieses Jahres erfolgreich durchgeführt. Wenn Sie die Podiumsdiskussion verpasst haben, können Sie sie unter dem folgenden YouTube-Link ansehen: <https://youtu.be/vWry-WVJQk> Ähnliche Podiumsdiskussionen sind für die Konferenz der Europäischen Gesellschaft für Hypnose in Antalya, Türkei, im Oktober und für den Kongress der Italienischen Gesellschaft für Hypnose in Bologna, Italien, im November geplant. Sie werden an beiden Veranstaltungen virtuell teilnehmen können. Bitte halten Sie die Augen offen für die Einladungen.

Ich freue mich darauf, Sie bald wiederzusehen. Vielleicht bei einem der monatlichen Kaffee-Events, vielleicht auf der kommenden Konferenz der Europäischen Gesellschaft für Hypnose in Antalya, Türkei, im Oktober, vielleicht auf dem kommenden Kongress der Italienischen Gesellschaft für Hypnose in Bologna, Italien, im November, bei einem der monatlichen virtuellen ISH Masterclass Webinare oder auf der ISH World Hypnosis Conference in Krakau im Juni nächsten Jahres.

Herzliche Grüße,
Mark P. Jensen





LA LETTRE DU PRÉSIDENT (FR)

TRADUCTION NICOLE RUYSSCHAERT

Chers membres de la communauté mondiale de l'hypnose,

J'écris cette lettre de Singapour, m'apprêtant à prendre un vol pour Bengaluru, en Inde, afin de rencontrer mes collègues respectés, le Dr Jini Gopinath, le Dr Prasanta Kumar Roy et le Dr Dipankar Patra, tous leaders de l'Indian Society of Clinical and Experimental Hypnosis (ISCEH). L'ISCEH a une longue histoire de formation et de soutien aux cliniciens pratiquant l'hypnose clinique en Inde, et cherche à renforcer ses liens avec l'ISH et la communauté internationale de l'hypnose. J'ai eu l'honneur d'animer bénévolement un atelier organisé par l'ISCEH et co-sponsorisé par l'ISH en décembre de l'année dernière, et j'ai prévu d'animer un autre atelier en Inde (à Kolkata) en décembre prochain. Je travaille également en étroite collaboration avec les responsables de l'ISCEH pour soutenir de futures collaborations. Il est très gratifiant de construire ces ponts.

L'ISH a de nombreux avantages à co-sponsoriser des ateliers avec des sociétés nationales d'hypnose. Tout d'abord, comme nous l'avons mentionné plus haut, le coparrainage d'ateliers est un moyen concret de construire des ponts de compréhension entre l'ISH et nos sociétés constitutives. Cela facilite également le partage d'expériences et de connaissances entre des personnes de pays et de cultures différents, ce qui est mutuellement enrichissant. Troisièmement, les ateliers génèrent toujours une nouvelle énergie et un nouvel enthousiasme parmi les participants ; avec plus d'ateliers d'hypnose, les opportunités pour l'expansion de l'hypnose augmentent. Dans la mesure où l'ISH peut aider à développer des ateliers dans le monde entier, cela contribue à une augmentation générale de l'intérêt et de l'utilisation de l'hypnose. De plus, grâce aux ateliers co-sponsorisés, les membres de la Constituent Society peuvent apprendre plus sur l'ISH et sur la communauté mondiale de l'hypnose en général. Certains deviendront membres individuels de l'ISH pour la première fois et participeront aux futurs événements et au leadership de l'ISH. Cela apporte une plus grande diversité et une participation globale à notre communauté ISH. Pour ces raisons et d'autres encore, j'espère voir un plus grand nombre d'ateliers co-sponsorisés par l'ISH et nos CS dans les prochaines années. Si vous êtes membre d'une société constitutive et que vous pensez qu'un atelier coparrainé par l'ISH serait bénéfique pour votre communauté, veuillez me contacter, ainsi que le président du Conseil des représentants (Dr Woltemade Hartman), le vice-président du Conseil des représentants (Dr Callie Hattingh) ou le président de notre comité d'éducation et de formation (Dr Enayat Shahidi), à l'adresse info@ishhypnosis.org

Nous avons également cherché à faciliter les contacts et la construction de ponts au sein de la communauté internationale de l'hypnose en nous réunissant pratiquement tous les mois à l'occasion de l'événement Café avec le Président. Ces rencontres ont lieu le plus souvent le premier jeudi de chaque mois, à 16 heures, heure d'Europe centrale. Cependant, nous avons parfois organisé cet événement à d'autres moments de la journée pour faciliter la participation des personnes vivant en dehors de l'Europe. C'est ce que nous avons fait, en particulier, lorsque le café avec le président était coparrainé par une société constitutive de l'ISH. Si, par hasard, vous n'avez pas encore eu l'occasion de participer à un café, je vous invite à le faire. Soyez attentifs à l'invitation du personnel administratif de l'ISH, inscrivez-vous et rejoignez-nous. De même, si vous souhaitez que votre société constitutive co-sponsorise un événement café, veuillez me contacter afin que nous puissions organiser cela (à nouveau, via info@ishhypnosis.org).

Enfin, quelques bonnes nouvelles concernant nos événements de l'anniversaire 2023. Le premier des trois panels de présidents de l'ISH, où le



passé, le présent et l'avenir de l'ISH ont été discutés par les présidents passés, présents et futurs de l'ISH, s'est tenu avec succès au début du mois de juillet de cette année. Si vous avez manqué cette discussion, vous pouvez la regarder sur le lien YouTube suivant: <https://youtu.be/vWry-WVJQk> Des panels similaires sont prévus pour la conférence de la Société européenne d'hypnose à Antalya, Turquie, en octobre et pour le congrès de la Société italienne d'hypnose à Bologne, Italie, en novembre. Vous pourrez participer virtuellement à ces deux événements. Gardez l'œil ouvert pour recevoir les invitations.

Je me réjouis de vous rencontrer bientôt. Peut-être à l'un des cafés mensuels, peut-être à la prochaine conférence de la Société Européenne d'Hypnose à Antalya, Turquie, en octobre, peut-être à la prochaine Société Italienne d'Hypnose à Bologne, Italie, en novembre, à l'un des webinaires mensuels de la Masterclass virtuelle de l'ISH, ou à la Conférence Mondiale d'Hypnose de l'ISH à Cracovie en juin de l'année prochaine.

Chaleureuses salutations,
Mark P. Jensen

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LETTERA DEL PRESIDENTE (IT)

TRADUZIONE IN ITALIANO DI CONSUELO CASULA

Cari membri della comunità mondiale dell'ipnosi,

Scrivo questa lettera da Singapore, pronto a imbarcarmi su un volo per Bengaluru, in India, per incontrare gli stimati colleghi Dr. Jini Gopinath, Dr. Prasanta Kumar Roy e Dr. Dipankar Patra, leader della Società Indiana di Ipnosi Clinica e Sperimentale (ISCEH). La ISCEH ha una lunga storia di formazione e supporto per i medici che praticano l'ipnosi clinica in India e sta cercando di rafforzare ulteriormente i suoi legami con la ISH e la comunità internazionale dell'ipnosi. Ho avuto l'onore di offrire il mio tempo come volontario per facilitare un workshop organizzato dalla ISCEH e co-sponsorizzato dalla ISH nel dicembre dello scorso anno, e ho in programma di facilitarne un altro in India (a Kolkata) il prossimo dicembre. Sto anche lavorando a stretto contatto con i leader della ISCEH per sostenere future collaborazioni. È stato molto gratificante costruire questi ponti.

La co-sponsorizzazione di workshop con società nazionali di ipnosi comporta molti vantaggi per la ISH. In primo luogo, come accennato in precedenza, la co-sponsorizzazione di workshop è un modo concreto per costruire ponti di comprensione tra la ISH e le nostre società costituenti. Inoltre, facilita la condivisione di esperienze e conoscenze tra persone di paesi e culture diverse, con un arricchimento reciproco. In terzo luogo, i workshop generano sempre nuova energia ed entusiasmo tra i partecipanti: con un maggior numero di workshop sull'ipnosi, crescono le opportunità di espansione dell'ipnosi. Nella misura in cui la ISH può aiutare a promuovere workshop in tutto il mondo, ciò contribuisce a un aumento generale dell'interesse e dell'uso dell'ipnosi. Inoltre, attraverso i workshop co-sponsorizzati, i membri della Società Costituente possono conoscere meglio la ISH e la più ampia comunità globale dell'ipnosi. Alcuni diventeranno membri individuali della ISH per la prima volta e parteciperanno a futuri eventi ISH e alla leadership dell'ISH. Questo porta una maggiore diversità e partecipazione globale alla nostra comunità ISH. Per queste e altre ragioni, spero di vedere un numero crescente di workshop co-sponsorizzati tra ISH e le nostre CS nei prossimi anni. Se siete membri di una Società Costituente e pensate che un workshop co-sponsorizzato con la ISH possa giovare alla vostra comunità, contattate me, oppure il Presidente del Consiglio dei Rappresentanti (Dr. Woltemade Hartman), il Vicepresidente del Consiglio dei Rappresentanti (Dr. Callie Hattingh) o il Presidente del Comitato per l'Educazione e la Formazione (Dr. Enayat Shahidi) tramite info@ishhypnosis.org.

Un altro modo in cui abbiamo cercato di facilitare le connessioni e creare ponti nella comunità internazionale dell'ipnosi è quello di incontrarci virtualmente ogni mese in occasione dell'evento Coffee with the President. Questi eventi si tengono per lo più il primo giovedì di ogni mese, alle 16:00 ora dell'Europa centrale. Tuttavia, occasionalmente abbiamo organizzato questo evento in altri momenti della giornata per facilitare la partecipazione di persone che vivono al di fuori dell'Europa. Ciò è avvenuto, in particolare, quando il Caffè con il Presidente è stato co-sponsorizzato da una Società costituente della ISH. Se per caso non avete ancora avuto l'opportunità di partecipare a un caffè, accettate il mio invito a farlo. Tenete gli occhi aperti per l'invito da parte del personale amministrativo di ISH, registratevi e poi unitevi a noi. Inoltre, se desiderate che la vostra Società Costituente sia co-sponsor di un evento caffè, contattatemi per organizzare il tutto (sempre tramite info@ishhypnosis.org).

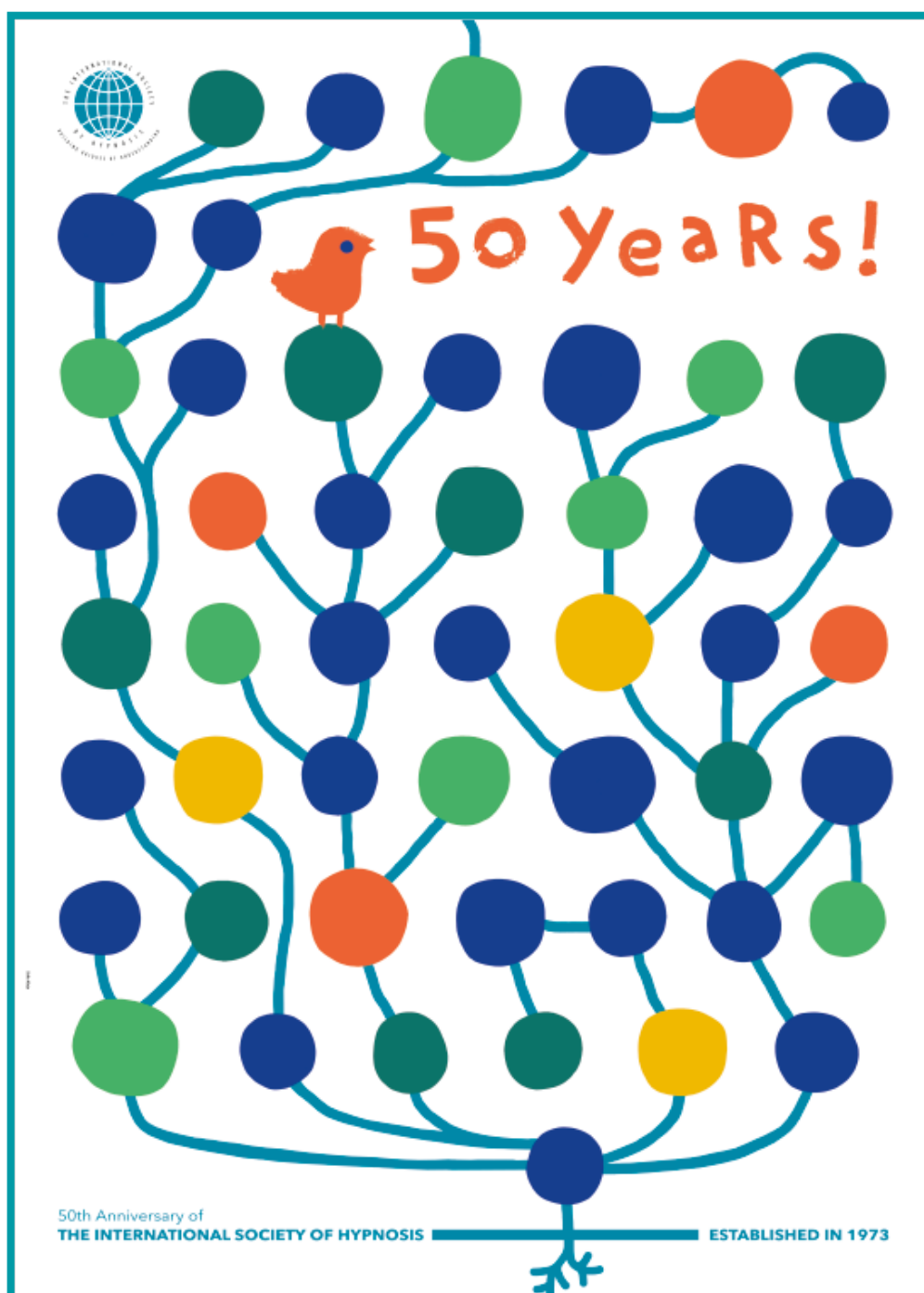
Infine, alcune buone notizie sugli eventi del nostro anniversario del 2023.



All'inizio di luglio di quest'anno si è tenuto con successo il primo dei tre panel dei presidenti ISH, in cui i presidenti passati, presenti e futuri hanno discusso del passato, del presente e del futuro della ISH. Se vi siete persi la tavola rotonda, potete guardarla al seguente link di YouTube: https://youtu.be/vWry_-WVJQk Sono previste tavole rotonde simili per il congresso della Società Europea di Ipnosi ad Antalya, in Turchia, in ottobre, e per il Congresso della Società Italiana di Ipnosi a Bologna, in Italia, in novembre. Sarà possibile partecipare a entrambi i panel in modo virtuale. Tenete gli occhi aperti per gli inviti.

Mi auguro di vedervi presto. Forse a uno dei caffè mensili, forse al prossimo congresso della Società Europea di Ipnosi ad Antalya, in Turchia, in ottobre, forse al prossimo congresso della Società Italiana di Ipnosi a Bologna, in Italia, in novembre, a uno dei webinar virtuali mensili della ISH Masterclass, o al congresso mondiale dell'ISH sull'ipnosi a Cracovia nel giugno del prossimo anno.

Cordiali saluti,
Mark P. Jensen





CARTA DEL PRESIDENTE (ES)

TRADUCIDO POR TERESA ROBLES

Estimados miembros de la comunidad mundial de hipnosis,

Escribo esta carta desde Singapur, preparándome para embarcar en un vuelo a Bengaluru, India, para reunirme con los valiosos colegas Dr. Jini Gopinath, Dr. Prasanta Kumar Roy, y Dr. Dipankar Patra, todos ellos líderes de la Sociedad India de Hipnosis Clínica y Experimental (ISCEH). La ISCEH tiene una larga historia de formación y apoyo a los clínicos que trabajan con hipnosis en la India, y está intentando estrechar aún más sus lazos con la ISH y la comunidad internacional de hipnosis. Tuve el honor de ser invitado para facilitar un taller organizado por ISCEH y copatrocinado por ISH en diciembre del año pasado y tengo planes para facilitar otro taller en la India (en Kolkata) este próximo diciembre. También estoy trabajando estrechamente con la dirección de la ISCEH para apoyar futuras colaboraciones. Ha sido muy gratificante tender estos puentes.

Hay muchos beneficios para la ISH al copatrocinar talleres con sociedades nacionales de hipnosis. En primer lugar, como ya se ha mencionado, copatrocinar talleres es una forma concreta de tender puentes de entendimiento entre la ISH y nuestras sociedades constituyentes. También facilita el intercambio de experiencias y conocimientos entre personas de diferentes países y culturas, lo cual es mutuamente enriquecedor. En tercer lugar, los talleres siempre generan nueva energía y entusiasmo entre los participantes; con más talleres de hipnosis, crecen las oportunidades para la expansión de la hipnosis. En la medida en que la ISH ayude a nutrir talleres en todo el mundo, contribuye a un aumento general en el interés y el uso de la hipnosis. Además, a través de los talleres copatrocinados, los miembros de la Sociedad Constituyente pueden aprender más sobre la ISH y la comunidad global de hipnosis en general. Algunos se convertirán en miembros individuales de la ISH por primera vez y participarán en futuros eventos de la ISH y en el liderazgo de la ISH. Esto aporta mayor diversidad y participación global a nuestra comunidad ISH. Por estas y otras razones, espero ver un número cada vez mayor de talleres copatrocinados entre la ISH y nuestros CS en los próximos años. Si eres miembro de una Sociedad Constituyente y crees que un taller copatrocinado con la ISH beneficiaría a tu comunidad, ponte en contacto conmigo, con el Presidente del Consejo de Representantes (Dr. Woltemade Hartman), con la Vicepresidenta del Consejo de Representantes (Dra. Callie Hattingh) o con el Presidente de nuestro Comité de Educación y Formación (Dr. Enayat Shahidi) a través de info@ishhypnosis.org

Otra forma en la que hemos intentado facilitar las conexiones y tender puentes en la comunidad internacional de hipnosis es reuniéndonos virtualmente cada mes en el evento Café con el Presidente. Estos eventos se celebran principalmente el primer jueves de cada mes, a las 16:00, hora central europea. Sin embargo, en ocasiones lo hemos realizado en otras horas del día para facilitar la participación de personas que viven fuera de Europa. Hemos hecho esto, en particular, cuando el Café con el Presidente fue copatrocinado por una Sociedad Constituyente de la ISH. Si por casualidad aún no has tenido la oportunidad de participar en un café, por favor, acepta mi invitación a hacerlo. Permanece atento a la invitación del personal administrativo de la ISH, regístrate y únete a nosotros. Además, si deseas que tu Sociedad Constituyente copatrocine un café, ponte en contacto conmigo para que podamos organizarlo (de nuevo, a través de info@ishhypnosis.org).

Y, por último, buenas noticias sobre los eventos de nuestro 50 aniversario este 2023. El primero de los tres paneles de presidentes de la ISH en los que se debatió sobre el pasado, presente y futuro de la ISH por parte de



presidentes pasados, presentes y futuros de la ISH se celebró con éxito a principios de julio de este año. Si no pudiste ver el debate, puedes verlo en el siguiente enlace de YouTube: https://youtu.be/vWry_-WVJQk Paneles similares están programados para la conferencia de la Sociedad Europea de Hipnosis en Antalya, Türkiye en octubre y en el Congreso de la Sociedad Italiana de Hipnosis en Bolonia, Italia, en noviembre. Podrás participar en ambos paneles de forma virtual. Por favor, pon atención a las invitaciones.

Espero verte pronto. Tal vez en uno de los cafés mensuales, tal vez en la próxima conferencia de la Sociedad Europea de Hipnosis en Antalya, Turquía, en octubre, tal vez en el próximo Congreso de la Sociedad Italiana de Hipnosis en Bolonia, Italia, en noviembre, en uno de los webinars virtuales mensuales de la ISH Masterclass, o en la Conferencia Mundial de Hipnosis de la ISH en Cracovia en junio del próximo año.

Cordialmente,
Mark P. Jensen



NOTES FROM THE EDITOR



Katalin Varga

Dear Colleagues

Events have accelerated in recent months, with the international community of hypnosis professionals eagerly awaiting the chance to meet again in person after so many years. This will be possible at the European Hypnosis Society Conference in Turkey, as we have reported several times.

In the **Main Interview** Nicole Ruyschaert interviews **Marcello Romei**, from Uruguay, sharing with us a truly inspiring conversation.

A recent “Coffee with the President” online meeting took us to India. From this conversation comes **Bhaskar and Rajni Vyas**’ paper on the relationship between raj yoga and hypnosis. For those more deeply interested, an online course is offered on the spot, with a detailed exploration of the subject: entitled Indirect Hypnosis in New Age.

We keep on “building bridges” between the clinical and research fields of hypnosis in the Clinical Relevance of Research Findings. **Kinga Kocsis**, a student of Eötvös Loránd University, summarizes the role of hypnosis in treating tension headache and migraine.

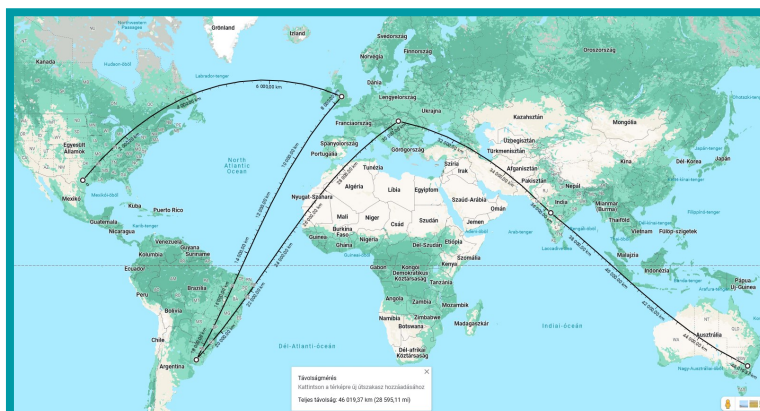
The Editor-in-chief, **Gary R. Elkins**, PhD and Managing Editor, **Vanessa Muñiz**, share the latest news from *The International Journal of Clinical and Experimental Hypnosis*. It is a special pleasure to see that some of the papers are OPEN ACCESS, making the hypnosis papers more accessible.

Kathleen Long (ESH) and **Callie Hattingh** (ISH) Co-chairs Crisis and Intervention Committee report a zoom meeting held on Wednesday 27th September 2023.

If you look at the list above geographically, we have contributors from various continents, with different cultural background, using different native language, 46000 kms apart from each other – and we still share a special important common interest: hypnosis.

With the hope that we meet in Antalya, at the ESH conference with many of you, I encourage everyone to give us feedback, share your ideas, introduce your work at the Newsletter.

Katalin Varga,
Ph.D. DSc





MEETING OUR MENTORS

MARCELLO ROMEI

Interview by Nicole Ruysschaert

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.



Marcello Romei

Dentist (2001, Udelar University), implantologist, now working in private dental practice.

Member of the Dental team as Chief Surgeon at the Navy School in Uruguay.

Received Hypnosis training Diploma at AUDHIC with Dr. Psychiatrist Jorge Delpino PhD.

Specialized in dental phobias and anxiety.

NICOLE RUYSSCHAERT (NR) INTERVIEWS MARCELLO ROMEI (MR)

MR: First of all, I want to thank you and the ISH for this interview; it is a great honor for me that they have considered and valued my work in the field of Clinical Hypnosis, a fascinating tool to which I have devoted and dedicated all my attention in recent years.

NR: How did you first come in contact with hypnosis – when/where? (Perhaps some opinions/movies/shows long before you started in the professional field).

MR: It all started as a child... I guess I was 9 or 10 years old. I had a strong inclination toward topics related to time-space, the Dirac equation, and the events and situations that occurred both in the past and in the future, not just in my personal life but also in world icons and famous historical personalities. I developed this interest while watching movies or reading books related to that. Understanding how time and space work and how they determine our way of thinking and behaving is overwhelming and exciting at the same time. Moreover, how this works on every medical condition and our inner mental power to influence every decision and the healing process that comes with it. Naturally, at such a young age, I did not understand with certainty what I felt and what happened to me, especially because I was so sensitive to those issues. But as I grew older, I began to understand, connecting the dots... and eventually, Hypnosis came to amalgamate everything and make sense of it, which was like a "Eureka moment" or final limitlessness... that was the beginning of my "marriage" with hypnosis, and since then, it has become my passion, giving absolute meaning to everything I do and think.

NR: What was your first impression of contact with therapeutic hypnosis?

MR: From day one that I got my degree at the University; I knew something was missing, so I continued my search, an unconscious search, of course, but knowing that my intuition was certain (which I nowadays learn is my real GPS). I always took small steps with tools that have communicating vessels with clinical Hypnosis, such as NLP, Gestalt, Cognitive behavioral therapy, psychotherapy, Magic, the meaning of symbols and



metaphors, energy medicine, and so on. Eventually, everything fell into place. It happened with accurate synchronicity until after a while, I began to understand that this path was taking me slowly but surely to my final destination, which was therapeutic hypnosis. That's when everything closed and made sense for me.

NR: Can you give a brief overview of your career and your work and the place hypnosis has in it? How did colleagues around you react to that?

MR: My father is today a retired dentist; one of the old schools, but one of the best in the field in his time. The truth is, I learned a ton of things from him, being an assistant, an administrator, and a right-hand man regarding Dentistry. Uruguay, my country, is small in population and traditionalist in its uses and customs; therefore, the scientific community is not exempt from prejudices and conceptual errors regarding the tool of Hypnosis. It has been a long road alone to promote, disseminate, and make Hypnosis known among colleagues. Notwithstanding that, I am confident that being at the same time a country that is at the forefront of some ideas and a vanguard on issues such as abortion, legal use of medical marijuana, and many others related to health, it can be implemented safely and accepted in the near future. The psycho/motivational aspects have captured my interest, particularly the approach and management of sensations, feelings, and how they manifest in all stages of dental treatment. My goal is permanent motivation, added to a desire to provide value-added services to patients for them to manage the clinical experience without anxiety or fear. I am committed to an optimal life balance (spiritual, emotional, physical, and social) that favor personal fulfillment and better self-esteem. My main concern is always the patient, encouraging respect, authenticity, trust, and friendship in a context of absolute transparency. I always remark that "Hypnosis found me" in life path and personal growth. Earlier in my life, I had some tough, sad moments that made me ask myself which way, but then, like a kind of magic, hypnosis enlightened me. Somehow, I believe in fate and following my instinct a lot. That feeling in my guts took me almost nine or ten years ago to an older house to give dental rehab to a lady called Chicha. She happened to be a young nurse in Europe in WW II; then she traveled to the USA in the 60s and was also a dental assistant to another famous Dr. called Kay Thompson... that is what I call synchronicity. Chicha ended up in Uruguay and became a Uruguayan citizen, and a few years ago, I met her in a senior residence... an incredible story, isn't it?

NR: Yes, surprising... Can you give a brief overview of your career, your work, and the place hypnosis has in it?

MR: I finished my Dental career in the year 2001 at Udelar University and started a private dental practice simultaneously. I also completed my Graduate training in Implantology in Argentina and Spain. Additionally, I became part of the Dental team as Chief Surgeon at the Navy School in Uruguay for almost 30 years. I received my Hypnosis training Diploma at AUDHIC with Dr. Psychiatrist Jorge Delpino PhD. Once I realized that hypnosis was a one-way trip for me, every treatment and every patient I provide dental treatment to is under my personal hypnotic trance. I can never separate myself from that because it is now my way of life.

NR: What is your main area of practice with hypnosis? Anything specific that makes your work different from others in the field?

MR: My main area is oral surgery regarding wisdom teeth and implants, but to be honest, things have gone far beyond that. The evolution of this fantastic tool has been mutating and changing with me. I am truly amazed at the multiplicity of uses, applications, and results. Working alone sometimes gets you in trouble; it is complex and exhausting, but I have also been able to generate resources and skills that I did not know I



had. I integrate all sorts of techniques, classical, Ericksonian, or whatever I feel the patient needs in the moment; that allows me to follow the energy the patient brings. I am strongly impressed and working with Ernest Rossi's research on the healing hands idea and its four stages of the mind and body healing process.

NR: Where is hypnosis helpful in dentistry?

MR: I think that to this point in my career, it is unfair just talking about dental helpful experiences because there is a Universal patient regarding therapeutic alliance. We humans develop a special bond, trust, and a strong hypnotic relation once the patient enters the office. Herbert Spiegel and M. Erickson emphasize the importance of rapport and letting the professional-patient relationship flow as a way to work fluently in every aspect. I mean there is a fantastic spiritual world inside each and every human being, and that aspect makes things much easier for me. Every time we sit on the chair or the couch with that kind of energy between us, it's a two-way trip, and things seem to emerge naturally.

NR: How can you motivate/elicit interest in hypnosis with your patients and how to approach colleagues, dentists to learn about the advantages of hypnosis?

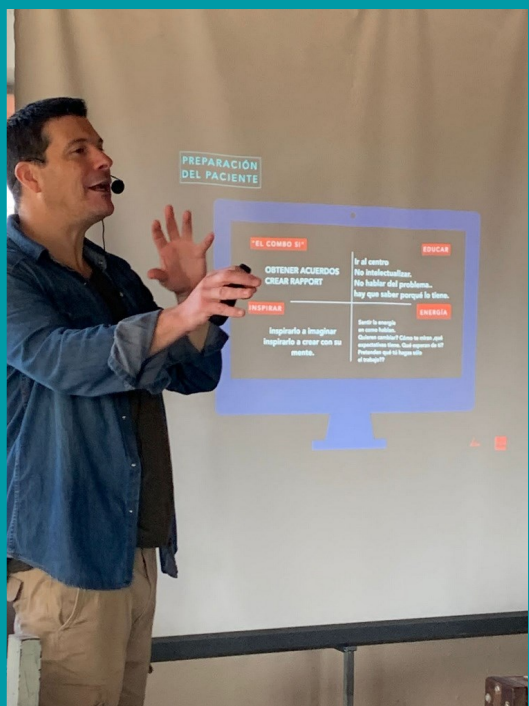
MR: That is still today the major challenge; achieving a breakthrough with established patterns, motivating both patients, physicians, and colleagues today is a task of almost permanent dedication. Regarding therapy, it is essential, in my view, to find common spaces and situations in daily life with patients so that they can understand how it works, what advantages and real possibilities hypnosis offers compared to medicine and conventional treatments. Once that is said, explaining to patients the real benefits, not only from a medical or therapeutic point of view but also in their personal lives, has no comparison. The aspect I found is a word that sums it all up, in my opinion, which represents the real barrier to tear down, which is fear. Patients, colleagues, and mostly everyone suffer first of all from fear; fear of the unknown, fear of what everyone might think, fear of what happens next, fear of fear.

NR: Where/for what kind of problems/disorders/ is hypnosis interesting?

MR: That is a major issue... my concern lately is for various patients' disorders because, in the end, we all have all kinds of mental medical conditions to be healed. The post-pandemic era brought infinite TMJ (temporomandibular joint) situations to be solved. For example, I've been treating a friend; a retired dentist who suffered a stroke recently, a CVA (aneurism)... so my area of work was not specifically his mouth, but his right arm due to the cerebrovascular accident... I have been reading Stephan Ham-mell's approach recently... and I find his Ericksonian storytelling in a therapeutic way very useful for this case... Regarding classic problems, such as smoking cessation, losing weight, or anxiety in general, every human needs strong ego-strengthening, building self-esteem before starting any of those treatments... that is a must.



Marcello Romei





NR: Who are/were your mentors? People who influenced your way of thinking and working?

MR: I have a special inclination for my spiritual fathers; poets like Rumi, Khalil Gibran, the Stoics, and classic writers such as Nietzsche, Schopenhauer, Plato, Aristotle, or contemporary philosophers like Alan Watts. My professional mentors and friends are Mike Gow, Gabor Filo, Ash Goodman, who introduced and inspired me to read Kay Thompson's and Dabney Ewin's hypnosis medical and dental approach and work. I see with great respect Albrecht and Gudrun Schmierer's efforts to make hypnodentistry well known worldwide. I think we share other interests besides dentistry and hypnosis with all of them. In South America, I have my professor and friend Jorge Delpino with whom I started this journey that opened a new perspective regarding the hypnosis world for me.

NR: What is your favorite professional hypnosis book?

MR: I can't pick a single book because we have really good literature. A couple of months ago, I took a training day called "Hypnosis in the management of pain" with Allan Cyna and Greta Ross for the BSCAH, which was an excellent opportunity to learn from an international expert in the field. I bought his Handbook of Communication in Anaesthesia & Critical Care. I am really enjoying it.

NR: What can we learn from the past of hypnosis, and what kind of changes have you observed in the application of hypnosis (in general and/or in your practice)? What do you like or dislike in the field/world of hypnosis?

MR: This is a current and juicy debate I have been discussing with my friends and colleagues, seeing changes in the different hypnosis associations, societies, and organizations over the last few years. Somehow, we have been updating ourselves with the changes in technology, which is fine given the rapid events in our world. But I insist that there are two factors that, in my humble understanding, are important to emphasize: there is a lack of more young people involved and more and better advertising to promote clinical hypnosis globally. One thing is for sure, clinical hypnosis has returned with force to stay and position itself as the most powerful, innocuous, and absolutely complementary tool to traditional medical sciences, which is a good sign. To deny that is to have a blindfold.

NR: Which research do you see as the most important and contributing to the spread and acknowledgment of hypnosis in medical/psychotherapeutic practice?

MR: At this moment, I consider it pertinent to highlight the academic work of research and theoretical dissemination of my dear friends Renato Perri in Italy, Jini K Gopinath in India, Emmanuel Boselli in France, and Arnoldo Téllez in Mexico. These dear colleagues are doing a formidable job in the fields of research, anesthesiology, and psychology. I find it fabulous to be able to interact with them, sharing experiences from both sides of theory and practice.

NR: What do you personally see as your most important contributions to the field?

MR: I believe in legacies. I believe in spreading the word and learning from those who came before me; being the messenger who, on that path, contributes with something unique; adding my personal touch to things, leaving my imprint. I think the best contribution is to follow my instinct, that special inner force, and be prepared to influence others. Being good, disciplining the mind, inspiring someone else, taking the chance to do things differently, and being creative. Taking the first step and believing in yourself, no matter what happens. I strongly advise young faculties, medical



professionals, or just younger entrepreneurs who take my training courses and want to learn Hypnosis, to never quit if they feel this is their path. Determination and a willingness to take some risks to pursue their vision are the keys to success.

NR. Thank you so much, Marcello, for this inspiring interview!



Marcello Romei



INDIAN SOCIETY FOR CLINICAL AND EXPERIMENTAL HYPNOSIS

2013 Delhi



2013 Delhi



2015 Bangalore



2015 Bangalore



2019 Vadodara





RAJ YOGA AND HYPNOSIS

Dr. Bhaskar Vyas, Patron, Indian Society for Clinical & Experimental Hypnosis

Dr. Rajni Vyas, President, Indian Society for Clinical & Experimental Hypnosis



Dr. Bhaskar Vyas is a retired plastic surgeon and was a visiting professor at the M.S. University, Department of Psychology, Baroda, India. During his initial exposure to hypnosis in 1976 from H. Jana, Modi, and Athawale, he was excited to find some common ground between meditation and hypnosis. His bifurcation to hypnotherapy resulted from his studies and exposure to esoteric meditation practices of Hindu and Buddhist traditions. He heavily draws upon the archetypal symbolic metamorphosis within the framework of the Jungian school. His broad scientific background has empowered him to excel from Ericksonian strategies to hypnoanalysis, surpassing traditional Freudian psycho-analysis. The core of his therapeutic approach revolves around fostering insight through the exploration of the unconscious mind. Over the years, he has actively participated in numerous National and International Conferences, delivering presentations on his primary area of expertise, as well as hypnotherapy. He has conducted national and international workshops on hypnosis since 2002.

In 1976, alongside Prof. Hrishikesh Jana, they co-founded the Indian Society for Clinical and Experimental Hypnosis. He served as its President and is currently its Patron. He initiated and has been teaching a hypnosis course at M.S. University for over two decades. He trains university students, treats patients both in-person and online, and has conducted groundbreaking research in gene expression during hypnosis, fMRI studies, and stem cell applications. His work has contributed to hypnotherapy's role in infertility research, with published results.

Dr. Bhaskar Vyas is an obstetrician-gynecologist and has worked closely with Dr. Rajni Vyas in conducting various workshops and training several hypnotherapists, especially at M. S. University, Baroda. She currently officiates as the President of the Indian Society for Clinical and Experimental Hypnosis.

Dr. Rajni Vyas is an obstetrician-gynecologist and has worked closely with Dr. Bhaskar Vyas in conducting various workshops and training several hypnotherapists, especially at M. S. University, Baroda. She currently officiates as the President of the Indian Society for Clinical and Experimental Hypnosis.

Hypnosis has ancient roots in Indian rishis' teachings (sages), encapsulated in fewer than 200 sutras (aphorisms). Practicing these sutras imparts eight unique abilities. While modern science has rendered most of them obsolete, "Vashita" remains relevant, representing the power to control and influence minds – the core principle underlying hypnotherapy.

Patanjali is believed to have delivered this treatise in a cave in Chidambaram, South India, where he gathered 3000 students. The cave can still be visited today. During a personal visit, the cave's atmosphere, seemingly illuminated by numerous oil lamps, is truly remarkable. It emanates mysticism, wonder, excitement, and a hint of fear. Despite having a guide with us, we chose not to venture deeper into the cave. It was apparent that Rishi Patanjali intended the cave's ambiance to deeply influence the minds of the workshop's students.



The ancient science of hypnotherapy traces its roots back thousands of years. Today, this knowledge is available in a scientific format, both in India and the West. It's often referred to as "Raj Yoga." However, there is widespread confusion, as many associate Yoga primarily with physical asanas, which represent the outer and initial aspect of the practice. In reality, Yoga goes beyond these physical postures.

The term "Yoga" signifies union, specifically the union with the all-encompassing, omnipresent cosmic consciousness. This cosmic consciousness is essentially the natural law governing the universe, applying to every individual. Pursuing personal needs, leading to self-preservation, often exposes individuals to stress. Stress, in turn, can distort perception and lead to various neurotic compensations, resulting in dysfunction in daily life and declining health.

Achieving the right perception leads to correct action. Maintaining normal perception and smooth functioning becomes attainable by aligning ourselves with these natural laws. Classical Indian Yoga offers a range of methods and techniques that enable us to synchronize our consciousness with the cosmic consciousness, thus promoting harmony and well-being.

Modern science has grown to such an extent that specialization is necessary, as it's impossible for one individual to master all scientific disciplines or grasp the entirety of natural laws. This raises the question of how individuals can synchronize with these laws. Classical Indian Yoga techniques, particularly 'Raj Yoga,' are seen as the 'royal road' to achieving this synchrony.

The 20th century witnessed diverse avenues for learning Yoga, with even medical doctors embracing these practices. Modern spiritual leaders like Sri Aurobindo and Swami Vivekananda extensively explored Yoga for the contemporary era. A scientist-turned-rishi, Maharshi Mahesh Yogi, led pioneering investigations into the physiological, physical, and psychological dimensions of meditation, particularly Raj Yoga, and its impact on behavior. He postulated that meditation leads to an altered state of consciousness (Turva) and connects individuals to cosmic consciousness.

The advances in molecular biology and the rise of bioinformatics have furnished us with extensive knowledge about molecular interconnectedness and their varied functions. The research conducted at the Maharshi European Research University in Switzerland played a leading role in this field. Candace Pert's discoveries, including endorphins and other emotion-related molecules, have further bolstered this body of evidence. We now recognize over 150 information substances.

The mind intricately governs the body, and regular meditation has the potential to reshape molecular state-dependent memory profiles, resulting in personality changes. Currently, scientific evidence holds paramount importance. Although initiation and ongoing guidance by a guru are not obligatory, they can accelerate the meditator's realization of the benefits of this profound philosophy.

In summary, as the breadth of scientific knowledge continues to expand, classical Indian Yoga, particularly Raj Yoga, emerges as a viable pathway to harmonize with natural laws. This is especially significant in our contemporary world, where scientific evidence underscores the efficacy of these practices.

'Turva,' denoting the fourth state of consciousness, naturally occurs, albeit briefly, in moments of wonder, awe, and sudden insights, often referred to as the 'Aha!' experience. Formal initiation rituals can enhance the meditation practice if the practitioner believes in their efficacy, as rituals hold metaphorical significance. In the modern era, hypnotherapists serve as initiators, facilitating the experience of the fourth state of consciousness, Turva.



This transformative process occurs within the Unconscious, with neuroscientific explanations pointing to mirror imaging of neurons during trance, leading to the establishment of new connections and brain plasticity. A significant shift occurs as thoughts converge into single-pointed awareness, propelling consciousness into a different paradigm. This communion with universal consciousness, termed 'choiceless awareness,' aligns individuals with the natural cosmic forces' flow. This is the essence of 'Turya.' Practitioners can reach the seventh state of consciousness through consistent practice.

Attaining the fourth state unleashes a release of energy and cultivates eight abilities, as mentioned in Patanjali's Yoga Sutras. One of these abilities, 'Vashita,' fell into disrepute due to misuse. Hence, the authors advocate hypnotherapy over mesmerism.

Desiring a state of desirelessness is, paradoxically, a desire in itself. While some may choose randomness, most aspire to set goals and follow a direction, which is not contrary to spirituality; it can be a divine inspiration. Thus, adopting a method supported by evidence is appropriate, with variations stemming from cultural richness. Caution is advised against commercial gurus, as spirituality can be compromised by commercialization.

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INDIRECT HYPNOSIS IN NEW AGE



Workshop 2022

**NAME OF THE COURSE:**

Indirect Hypnosis in New Age

The course will be conducted online with a live demonstration treating psychosomatic disorders or psychiatric conditions. The duration of this course will be 20 sessions in the course of six months.

COURSE DURATION:

20 sessions, 1 per week - Classes 5 - 7 PM India time on Sundays.

COURSE FEES:

INR 1,000

MODALITY:

Online - Zoom links will be circulated before the scheduled days.

LINK FOR REGISTRATION:

To register please [click here \(Google Doc\)](#)

The course will be conducted online with a live demonstration treating psychosomatic disorders or psychiatric conditions.

FACULTY IS AS FOLLOWS:

- | | |
|----------------------------------|---------------------------|
| 1. Dr. Bhaskar Vyas (BKV) | 7. Dr. Maitri Shah MS) |
| 2. Dr. Rajni Vyas (RV) | 8. Dr. Prashanta Roy (PR) |
| 3. Dr. Roopa Chandrashekhar (RC) | 9. Dr. Nitin Shukla (NS) |
| 4. Dr. Dipankar Patra (DP) | 10. Dr. Renu Sharma (RS) |
| 5. Dr. Urmi Nanda Biswas UNB) | 11. Dr. Vani Jain VJ) |
| 6. Dr. Sejal Thakkar ST) | |

SYLLABUS:

1. New Age in India and introduction to New Age – BKV/ RBV
2. Indirect hypnosis and New Age – Medical hypnosis and family therapy– New Age has inspired a renaissance in arousing a new generation of practitioners– BKV/RBV
3. Techniques - indirect & permissive suggestion techniques - wonderment, engrossment & confusion - DP
4. Creativity and Innovations – BKV/ RBV
5. Personality of the subject –PR
6. Response to metaphors, symbols and contradictions – impact with a negative – the story of a run-away horse - DP
7. A master script for various usages - ST
8. Specific scripts for individual patients – RC
9. Pathways of hypnosis in the body in relation to obstetrics and gynaecology - MS
10. Catharsis - RS
11. Receptivity of the unconscious mind - VJ
12. A confusion technique - use of pendulum – illustrations for a phobia patient – illustration – so let us discuss what Shankaracharya said, he said, “Brahmam Satya, Jagat Mithya”, et – BKV/RJV
13. Handshake induction method by Erickson – our innovation with the 3rd eye opening (pause) - catalepsy of the hand - B.K.V/RBV
14. Hand levitation method of induction and its utilization - DP
15. Resistance – Innovation to overcome resistance with coin technique - DP
16. Use of double bind with some illustrations - DP
17. Multiplication of schools - BKV/RBV
18. Neurolinguistic programming and metaphors - NS
19. Chronic depressive disorder - RC
20. Schizophrenia – UNB
21. Autoimmune disorders –ST

TARGET:

How to format a session for every patient.



BUILDING BRIDGES OF UNDERSTANDING

CLINICAL RELEVANCE OF RESEARCH FINDINGS

In each 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...

Kinga Kocsis

Eötvös Loránd University,

I am currently pursuing a Bachelor of Arts degree in Psychology at Eötvös Loránd University in Budapest, Hungary. Recently, I had the opportunity to contribute by translating content for the ISH blog. Looking ahead, I plan to further my studies in the field of clinical and health psychology.



THE ROLE OF HYPNOSIS IN TREATING TENSION HEADACHES AND MIGRAINE — HYPNOSIS AS PAIN TREATMENT

KINGA KOCSIS

INSTITUTE OF PSYCHOLOGY, ELTE EÖTVÖS LORÁND UNIVERSITY

Methods with characteristics of hypnosis and suggestions have been part of treating pain throughout human history. Nowadays, hypnosis is often used for pain reduction as well as in the treatment of other medical and psychological conditions in clinical settings and has proven to be beneficial in several fields, for example, dentistry, gynecology, and gastroenterology (Hammond, 2010)

Adachi et al. (2013) meta-analysis was conducted on hypnosis in treating chronic pain. The examined hypnosis treatments were mostly in an individual format, and one was in a group setting. Hypnosis was compared to other psychological interventions (autogenic training, biofeedback, cognitive-behavioral therapy (CBT), guided imagery, progressive muscle relaxation, and supportive psychotherapy). They found hypnosis more effective in treating non-headache chronic pain than other psychological interventions during a post-intervention phase. However, they did not find evidence of superiority in the case of headaches.

HYPNOTIC SUGGESTIBILITY AND ANALGESIA

Hypnotic suggestibility is a stable, trait-like characteristic that shows individual differences and describes one's tendencies to respond to hypnosis and hypnotic suggestions. It can be measured with standardized instruments, for example, The Stanford Hypnotic Susceptibility Scale, Form C (Weitzenhoffer & Hilgard, 1962), which contains 12 test suggestions. With this method, low, medium, and high suggestibles can be distinguished. It



is shown that individuals with high or medium suggestibility can substantially benefit from hypnotic pain treatment for pain reduction. Approximately 55% of the population belong to these two groups (Milling, 2008).

TENSION HEADACHE AND MIGRAINE

Headache disorders, including tension-type headaches and migraines, are one of the most common neurological problems, according to the World Health Organization (2011), and the estimated prevalence is 50% among the adult population globally.

According to Milling's methodological review on hypnosis treatment and headache (2014), hypnosis intervention is promising in headache and migraine cases. In this review, one hypnotic imaginary intervention used in previous studies (Nolan et al., 1994 –1995; Spanos et al., 1993) was classified as a possibly efficacious therapy for tension, migraine, and mixed tension/migraine headaches. The participants were randomly assigned to the conditions. This method consisted of suggestions for pleasant, relaxing images and encouragement for using the imaginary technique for stress management and when the headache starts.

A couple of case studies on the relationship between chronic headache treatment and hypnosis indicate positive outcomes in hypnosis or self-hypnosis interventions with children or young adults (Kohen, 2011; Kohen & Kaiser, 2014). I want to introduce one of them. This case study describes an adolescent (W) suffering from chronic daily headache (HA) since early childhood, with gradually increasing severity, duration, and frequency. Besides her case, there is also a strong family history of migraine. Despite the severe symptoms that could be triggered by, among other things, lack of sleep, scents, or physical activity, autonomic dysfunction was not found during clinical testing. The history of previous interventions did not mention hypnosis. During her first hypnosis session, her rating on her average headache was 8,5 on the pain severity scale, where 0 equals no pain and 12 stands for the worst headache she could imagine. As the therapeutic goal, the clinician aimed to shift W's focus from her pain to positive expectations for helping herself heal. In addition, she was writing an HA diary in order to track the reduced pain severity. She received a handful of suggestions for reframing her relationship with Chronic Pain, such as

- "Pain is Pain. Suffering is optional."
- "Pain is a signal, nothing more, nothing less"
- "When everything that can be done and should be done has been done, there is no reason for pain to bother" (Kohen & Kaiser, 2014, p. 88)

During the intervention, hypnosis and self-hypnosis were applied, and she also practiced self-hypnosis a couple of times a day at home. In addition, she documented how well she was dealing with the pain on a scale of 0 (dealing with it the best) to 12 (the worst).

Nine months after her first appointment, she rated her average pain 3,6, contrasting with the initial 8.5 score—her "dealing with it" score decreased by 23%. "I am stunned; it is astonishing... I never thought I could do it... you know, change my body with my mind. I continued what you told me to do, so I imagine being at the cabin, reading, and swimming in the lake. The closer I return to shore, the lower the number of my HA is, and when I get to shore, it is fine!" said W about the results (Kohen & Kaiser, 2014).

Although there are reports on the efficiency of hypnosis in treating headaches compared to waitlist/no treatment (Milling, 2014) and case studies that describe remarkable effects (e.g., Kohen & Kaiser, 2014), Milling suggests (2014), more research is needed on the subject with more emphasis on random assignment and specification of study samples among others.



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IJCEH

INTERNATIONAL JOURNAL
OF CLINICAL AND EXPERIMENTAL HYPNOSIS

RECENT ISSUE: VOLUME 71, ISSUE 3

The most recent issue of the IJCEH features the publication of a newly proposed theory of hypnosis, The Adaptive Experiential Theory of Hypnosis. Additional articles in this issue include a systematic review and research articles on hypnotherapy for a wide variety of conditions such as sleep disturbance, chronic nociplastic pain, and weight loss. Finally, this issue also includes two studies on the association of hypnotizability to interoception and emotion and the reliability and validity of the Elkins Hypnotizability Scale within a clinical sample. This is the third issue of 2023 and we look forward to publishing many more outstanding articles this year!

CALL FOR PAPERS

Research from the 16th European Society of Hypnosis Conference

We are excited to announce an opportunity to be featured in our next special issue. The call for papers for a special issue in collaboration with the 16th European Congress of Hypnosis/European Society of Hypnosis is open now until December 4, 2023. This special issue will feature the research of presenters from this conference and approximately six articles will be selected.

For more information and to submit your work, I invite you to visit our website dedicated to this Call for Papers: https://bit.ly/Hypnosis_Research



Gary R. Elkins, PhD
Editor-in-chief

Professor in the Department of Psychology & Neuroscience and the Director of the Mind-Body Medicine Research Laboratory at Baylor University in Waco, Texas, USA.

Editor-in-Chief of the International Journal of Clinical and Experimental Hypnosis.



Vanessa Muñiz
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Managing Editor of the International Journal of Clinical and Experimental Hypnosis.

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Intersections of psychedelics, psychedelic and mystical experiences, placebo, and hypnosis

You are invited to share your innovative research in this call for papers for a special issue of the *IJCEH*. This special issue will feature relevant research, theoretical perspectives, or clinical and professional perspectives related to psychedelics, mystical experiences, hypnosis, and non-ordinary states of consciousness. All submitted manuscripts will be peer-reviewed for the possibility of publication in this special issue. Interested authors are encouraged to provide letters of interest by December 15, 2023, and complete manuscript submissions by May 1, 2024. Submissions will be received electronically via our submissions portal: at <https://rp.tandfonline.com/submission/create?journalCode=NHYP>

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TOPICS CAN INCLUDE

Hypnosis, hypnotizability, and hypnotherapy in psychology, psychotherapy, psychiatry, medicine, dentistry, wellness, nursing, and related areas; and studies relating hypnosis to other phenomena (e.g., mindfulness, contemplative practices, & consciousness).

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WE ARE PLEASED TO SHARE ABSTRACTS
FROM THE ARTICLES PUBLISHED IN THE
MOST RECENT ISSUE OF THE
INTERNATIONAL JOURNAL OF CLINICAL
AND EXPERIMENTAL HYPNOSIS

ABSTRACTS FROM THE
JULY 2023 ISSUE – VOLUME 71 (23

OPEN ACCESS

ADAPTIVE EXPERIENTIAL THEORY OF HYPNOSIS

Cameron T. Alldredge & Gary R. Elkins

State and nonstate theories of hypnosis have dominated the field for decades and helped advance hypnosis clinically and scientifically. However, they fall short in various ways including insufficient consideration of unconscious/experiential processes. The authors' new theory is predicated on Epstein's cognitive-experiential self-theory, a dual-process model that provides a comprehensive understanding of the rational system and the experiential system and highlights that, although they interact synergistically, their features and modes of operation differ greatly. The rational system, influenced by logic and reason, is demanding of cognitive resources and operates effortfully with minimal affect. In contrast, the experiential system is emotionally driven, associative, and encodes reality in images and feelings without conscious effort. Our theory, the adaptive experiential theory, posits that complex hypnotic responding is attributable to an individual's ability to adapt and deliberately shift from processing primarily within the rational system to the experiential system. Greater association with the experiential system yields alterations in processing reality, which allows hypnotic suggestions to be internalized and enacted without excessive interference from the rational system.

OPEN ACCESS

SYSTEMATIC REVIEW OF HYPNOTHERAPY FOR SLEEP AND SLEEP DISTURBANCE

Nathan Wofford, Morgan Snyder, Chris E. Corlett, & Gary R. Elkins

Sleep disturbance can negatively affect physical and psychological health. Hypnotherapy may be effective for improving sleep with fewer side effects than other treatments. The purpose of this systematic review is to comprehensively identify studies and evidence regarding hypnotherapy for sleep disturbances. Four databases were searched to identify studies examining the use of hypnotherapy for sleep in adult populations. The search yielded 416 articles, of which 44 were included. Qualitative data analysis revealed that 47.7% of the studies showed positive results regarding the impact of hypnotherapy for sleep, 22.7% showed mixed results, and 29.5% showed no impact. A subset of 11 studies that set sleep disturbance as an inclusion criterion and included suggestions for sleep were examined separately.



ly and had more favorable results, such that 54.5% showed positive results, 36.4% showed mixed results, and 9.1% showed no impact results. Hypnotherapy appears to be a promising treatment for sleep disturbance. Future studies should report effect sizes, adverse events, and hypnotizability and include sleep-specific suggestions, standardized measures, and descriptions of hypnotherapy intervention procedures.

THE EFFICACY OF HYPNOTIC ANALGESIC SUGGESTIONS IN CHRONIC NOCIPLASTIC PAIN: A RANDOMIZED CONTROLLED TRIAL

Anna D. Kaczmarek, Michal Mielimaka, & Krzysztof Rutkowski

This blinded study evaluated the relative efficacy of three hypnosis sessions in 60 patients with chronic nociplastic pain allocated randomly to one of two conditions: hypnosis with analgesic suggestions, or hypnosis with nonspecific suggestions. Pain intensity, pain quality, and pain interference as outcome measures were assessed before and after treatment. A mixed-design analysis of the variance model showed no significant differences between groups. According to the adjusted model, large effect size improvements in pain intensity and pain quality emerged for both conditions but were only meaningful for patients not taking pain medications. Analgesic suggestions may not play a primary role in beneficial outcomes of hypnosis at the beginning of chronic pain management since both interventions demonstrated similar positive effects. Future studies should investigate the efficacy of the hypnosis components over longer treatment periods.

A QUALITATIVE EXPLORATION OF WEIGHT LOSS EXPERIENCES THROUGH HYPNOTHERAPY

Nurul A. Roslin, Aryati Ahmad, Mardiana Mansor, Myat Moe Thwe Aung, Farrahdilla Hamzah, & Pei Lin Lua

Hypnotherapy has been gaining recognition as an alternative treatment for excess weight problems. This qualitative study aims to explore individuals' experiences of losing weight through hypnotherapy and their perceived barriers and facilitators for healthy lifestyle changes. Semistructured interviews were conducted with 15 participants (11 women and 4 men; mean age of 23 years) who recorded having lost $\geq 5\%$ weight after undergoing 3 hypnotherapy sessions previously at a public university in Terengganu, Malaysia. Each interview was audiotaped, transcribed, and analyzed using thematic analysis. The themes that emerged were the usefulness of hypnotherapy, barriers, and facilitators of healthy lifestyle changes. All participants contended that hypnotherapy played a role in their weight-loss journey through increased mindful eating and enhanced motivation to make lifestyle modifications. Barriers to healthy lifestyle changes included high costs of healthy foods and lack of support for healthy food sources in social and family settings. Hypnotherapy is essential as an adjunct tool in assisting weight loss. However, additional efforts are needed to improve support in the weight management journey.

ASSOCIATION OF HYPNOTIZABILITY, INTEROCEPTION, AND EMOTION

Žan Zelič, Laura Sebastiani, & Enrica Laura Santarcangelo

The recent scoping review reports the reciprocal relations between hypnotizability, interoception, and emotion. Brain morpho-functional differences may account for the lower interoceptive accuracy, higher interoceptive sensitivity, and different emotional strategies observed in highly hypnotizable participants with respect to medium-to-low hypnotizables. Since interoception is relevant to both physical and mental health and hypnotizability can predict both interoceptive abilities and the efficacy of interoception-based mental training, this allows for the development of new forms of treatment and rehabilitation.



RELIABILITY AND VALIDITY OF THE ELKINS HYPNOTIZABILITY SCALE WITHIN A CLINICAL SAMPLE

Kimberly Zimmerman, Vanessa Muñiz, Morgan Snyder, & Gary R. Elkins

Hypnotherapy is used in clinical settings to treat mental and physical health-related conditions. Hypnotic response can be measured through hypnotizability scales to help interventionists personalize treatment plans to suit the patients' individualized hypnotic abilities. Examples of these scales are the Elkins Hypnotizability Scale (EHS) and the Stanford Hypnotic Susceptibility Scale, Form C (SHSS:C). According to the previous literature, these scales have good discriminating ability and internal consistency ($\alpha = 0.85$) in collegiate samples, but the psychometric properties of the EHS for a targeted clinical population have not been determined yet. This study assessed said properties, and results showed adequate reliability of the EHS in a targeted clinical sample and strong convergent validity of the EHS to the SHSS:C. The authors conclude that the EHS is a strong and useful measure of hypnotizability that is pleasant, safe, brief, and sensible to individualities in hypnotic ability found in diverse clinical samples.

[Read more here:](#)

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CALL FOR PAPERS

INTERSECTIONS OF PSYCHEDELICS, PSYCHEDELIC AND MYSTICAL EXPERIENCES, AND HYPNOSIS

(Editor-in-Chief, Gary Elkins, Ph.D.)

Details: The therapeutic benefits of psychedelic and mystical experiences have been shown in several studies and the research base has grown rapidly in recent years. Both hypnosis and psychedelics have been investigated for a range of psychiatric disorders and transformative experiences and past research has suggested that psychedelic and mystical altered states may be facilitated or augmented by hypnosis, meditation, and positive expectancy. Several studies have identified potential parallels between psychedelics and hypnosis and some have proposed that combining hypnosis and psychedelics in psychotherapy may have enhanced benefits. Other research has suggested that hypnosis may be used to create psychedelic and mystical experiences without taking a psychedelic substance. Although there has been increased interest in psychedelics, mystical experiences, hypnosis, and non-ordinary states of consciousness, much remains unknown. For example: Can hypnosis be used by individuals to create psychedelic experiences that are comparable to psychedelic substances? Can hypnosis create psychedelic states and mystical experiences that are transformative or have therapeutic benefits? Does hypnotizability and absorption moderate the capacity to experience psychedelic or mystical experiences? What is the role of placebo effects, positive expectancy, and hypnotic suggestion in psychedelic experiences? Is the neurophysiology of substance-induced and hypnosis-induced psychedelic experiences comparable? What is a potential theoretical framework that can account for the ability of hypnosis to induce psychedelic and mystical states? How does hypnosis influence substance-induced psychedelic experiences in treatment? This special issue of the *IJCEH* is a call for papers (research, theoretical, or clinical) that can address these and related questions. Interested authors are encouraged to provide letters of interest and manuscript submissions before their deadlines. Manuscripts will be peer-reviewed for consideration for publication in this Special Issue.

Letters of interest are due by
December 15, 2023

Deadline for Submission of Manuscripts to the *IJCEH*:
May 1, 2024

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THE INTERNATIONAL JOURNAL OF
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CRISIS INTERVENTION COMMITTEE



Kathleen Long



Callie Hattingh

Dear ESH and ISH members,

A meeting of the [Crisis Intervention Committee](https://esh-hypnosis.eu/crisis-intervention-committee/) was held on zoom on Wednesday 27th September 2023.

The future direction of the CIC and a possible change of name took place and there was a consensus that this committee had facilitated the collation of resources and the delivery of some excellent workshops and training provided by colleagues during the Ukrainian crisis which is still ongoing. Professor Borys Inyev attended the meeting and thanked the CIC for its input.

The future development of this initiative will very much depend initially on the voluntary input from colleagues who can devote some time to help organize and take ownership of the various tasks ahead including translation of resources.

It was also thought that the committee should be in a position to offer help in any crisis irrespective of political issues.

A further meeting will be arranged and if possible, this may take place in Antalya and those interested can attend in person or on-line. The next meeting will be notified by ESH and ISH to their members and also on both websites.

On behalf of the Crisis and Intervention Committee,
Kathleen Long (ESH) and Callie Hattingh (ISH)
Co-chairs CIC

<https://esh-hypnosis.eu/crisis-intervention-committee/>



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!!!ESH 2023 Antalya Congress Scientific Program is Announced!!!

Please click to see the Scientific Program

- For the Congress Hotel Details & Registration Forms

Welcome to ESH 2023

We are very pleased to invite you to the XVI ESH Congress organized under the cooperation of the Society of Medical Hypnosis (THD) and the European Society of Hypnosis (ESH).

The Congress will take place in Antalya, Turkiye on October 26–29, 2023.

We are delighted to be encouraged by ESH for creating a common platform and network to share and improve the knowledge and experience of hypnosis in an international dimension.



The motto of the Congress is: "Hypnosis Food for Body and Mind: an Integrated Approach to Healing".

It can be said that mind, body, and soul constitute a unique wholeness while interacting, connecting and changing each other. So, the healthier the balance among them, the healthier the entity is. Hypnosis can provide an integrated approach to achieve this balance while bridging each variable in a harmonious and peaceful way. So, we would like to discuss together the use of hypnosis to achieve an integrated approach in Medicine, Dentistry and Psychology.

Our congress has been awarded ESH Certificate (ESHC) Credit Points by ESH.

Also, here is some other good news for you. As you may know, ESH 2020 Basel Congress was unfortunately cancelled due to Covid-19 pandemic. However, the abstracts that were submitted to Basel Congress can be resubmitted to 2023 ESH Congress.

There are also some other good news about the congress registration fee. ESH CS Presidents, ESHC holders, ESH Members, ISH Members and Students will receive a special discount on the congress registration fee. Also, please do not miss the Early-Bird registration which has very good rates for everyone.

2023 ESH Congress has a special importance for THD and Turkish nation since 2023 is the "100th Anniversary of Turkish Republic". So we look forward to welcoming you in Antalya in 2023. We would like to enjoy the beauty of Antalya in October together, and to celebrate the fest of Republic in peace, joy and harmony.

Congress President

Dr. Ali Özden Öztürk

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This **FREE MEMBERSHIP** allows students to receive reduced fees for the ISH World Congresses as well as other member benefits such as the newsletter, membership directory and video library. Interested students may also purchase a one-year online access to the International Journal of Clinical and Experimental Hypnosis (IJCEH) at the cost of \$35.

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