



The International Society of Hypnosis

NEWSLETTER

Building Bridges of Understanding

2018, Volume 42, No. 1

Letter from the President



March, 2018

Claude Virot MD

President's Letter

Translator:
Marion Orel

Good morning
everyone,

A few weeks ago, our
board met for two
days in Milan, a
magnificent city, at
the invitation of
Giuseppe de

Benedittis and Consuelo Casula, who are currently President and Vice-President of the COR (Council of Representatives of the Member Societies). These two annual days allow the BOD members to take the time to work on new dimensions of ISH and to deepen already active themes.

In terms of news, we especially wished to bring the International Society closer to its members in each country, whatever the language, in order to create a stronger and more dynamic hypnotic community.

The project that will soon be the most visible concerns our website. It is widely used by all those who want to benefit from its wealth of information and want to better understand the international evolution of hypnosis. Our website, regularly updated and adapted by our specific "website committee" is very appreciated but it suffers from a weakness identified a long time ago: it is entirely in English. This limit obviously creates a wall for most of our members and our societies that have another mother tongue. Until now, it has been impossible to translate into the twenty or so languages used at ISH for economic reasons. Fortunately, today,

machine translation technologies have evolved enough that most texts are correctly translated and become readable in Chinese, Bulgarian, French, German or Russian. In the coming weeks, you will see small flags at the top of the website documents allowing you to benefit from this automatic translation. It still seems that some languages are less well translated so far, as Enayat Shahidi pointed out for example for Persian, but it is likely that the overall quality will continue to improve.

However, we also have legal and administrative documents on site that require rigorous translation. These texts will also be translated, checked and adapted by members of societies using the different languages used by the ISH community. They will soon be readable by all our members regardless of their country of origin.

This evolution is a major step to strengthen the links between all individual members and all societies that develop hypnosis in the world.

A second goal is to create active partnerships between ISH and national journals that disseminate knowledge of hypnosis in their countries. Journals exist in many countries such as France, Germany, Italy, Sweden, Japan... I invite all of you who know these newspapers to suggest them to contact our secretary (ishworldoffice@gmail.com). We also wish to create a network of highly motivated national correspondents to disseminate at the national level the main international information, new research, congresses... Each of these journals will have the right to officially use the logo of the International Hypnosis Society with our motto: "Let us create bridges of understanding".

This project will be implemented gradually over the coming months. The first very favourable contacts have already begun and will continue in Montreal during our next convention.

The third project is led by our future president Bernhard Trenkle. A directory of the most dynamic practitioners in the world of hypnosis is being

created. Although the broad lines were validated at the Milan meeting, Bernhard and his team (including his son) still have a lot of work to do to make the directory operational. Bernhard will probably present it in the next newsletter in July. It will be an additional tool to create active and powerful links within our hypnotic world.

In addition to these innovations, ISH continues its work to make hypnosis a more accessible and safer practice.

The process for the evolution of the ethical charter begun in 2017 is still ongoing. The work of observing hypnotic practices in the different countries in which most of the companies participated provided valuable information to know the realities in the field. While many rules are very similar, others are very specific to the medical or therapeutic culture of the country. The objective is that our ethical charter provides everyone with a sufficiently clear framework for practice while retaining some flexibility to adapt to cultural values. Consuelo Casula and Kata Varga, leaders of the Ethics Committee are working on the formulation of new proposals. We hope that this new charter will be validated and voted on at the general assembly in Montreal.

Also at the Montreal congress, ISH will offer for the first time a 3-day educational training program, under the responsibility of Enayat Shahidi, to teach the basics of therapeutic hypnosis. The objective is to build a comprehensive educational program that could be offered in interested countries to discover hypnosis and begin the diffusion and learning. This program will give each student a level of hypnosis competence recognized by an International Society of Hypnosis diploma. This diploma will be of great value in enabling students to practice internationally recognized therapeutic hypnosis while respecting the specific rules of their country.

All these elements will contribute to the success of this fundamental objective for the ISH: the recognition of hypnosis by the World Health Organization. Obtaining this recognition is essential to finalizing the fundamental *raison d'être* of the ISH: that all people who suffer, wherever they live and whatever their standard of living, can benefit from hypnotic care if they need it. Let hypnosis become a basic therapeutic technique in all fields of health and in all cultures. A bit like aseptic, vaccination or antibiotics... This long and complex road passes through recognition by the world medical authorities. We have decided that the WHO committee should become a permanent and sustainable committee. Today it is directed by

Giuseppe de Benedittis and Nicole Ruysaert. A report of their activity will be presented in Montreal.

Every 3 years, ISH renews its office. Candidates for the positions of President and Secretary Treasurer were nominated by representatives of ISH member societies. The two candidates for the presidency are Mark Jensen (USA), our current secretary-treasurer and Teresa Robles (Mexico), director of the Hypnosis Institutes in Mexico and organizer of the Acapulco World Congress in 2006. The two candidates for the position of Secretary Treasurer are Enayat Shahidi (Iran), currently a member of the ISH Board and Treasurer of the Iranian Hypnosis Association, and Suzanne Pinco (USA), therapist in New York City. When you read this NL, you have certainly already received all the information from Julie Linden to participate in the vote. (reminder: to vote, you must be up to date with your membership!)

A second part of the board will be elected during the General Assembly in Montreal. They are the President of the Council of Representatives, the Vice-President and the Secretary as well as 4 active members of the Board? Each society nominates two representatives who must be individual members of the ISH and who may participate in the Montreal COR meeting. Societies must send the names of their two representatives before June 1st to the Secretary Treasurer of ISH. These two representatives shall have the right to vote and stand for election as officers, secretaries, vice-chairs and chairs of the Council of Representatives.

I thank you for reading carefully this long editorial which reflects the intense activity of the International Society of Hypnosis and I hope to have the pleasure of greeting you personally very soon in Montreal.

Claude VIROT
President of the
International Society of Hypnosis



THE INTERNATIONAL SOCIETY OF HYPNOSIS

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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.

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Lettre de la présidente

French

Bonjour à tous,

Il y a quelques semaines, notre bureau s'est réuni pendant deux journées à Milan, ville magnifique, grâce à l'invitation de Giuseppe de Benedittis et de Consuelo Casula, qui sont actuellement président et vice président du COR (conseil des représentants des sociétés membres). Ces deux journées annuelles permettent aux membres du bureau de prendre le temps de travailler sur de nouvelles dimensions de l'ISH et d'approfondir des thématiques déjà actives.

Au chapitre des nouveautés, nous avons surtout souhaité rapprocher la Société Internationale de ses membres dans chaque pays, quelle que soit la langue, afin de créer une communauté hypnotique plus forte et plus dynamique.

Le projet qui sera très bientôt le plus visible concerne notre site internet. Il est très consulté par tous ceux qui veulent profiter de sa richesse d'information et mieux comprendre l'évolution internationale de l'hypnose. Notre site, régulièrement mis à jour et adapté par notre « comité web » spécifique est très apprécié mais il souffre d'une faiblesse repérée depuis longtemps : il est entièrement en Anglais. Cette limite crée évidemment une barrière pour la plupart de nos membres et de nos sociétés qui ont une autre langue maternelle. Jusqu'à ce jour, il était impossible de traduire dans la vingtaine des langues employées à l'ISH pour des raisons économiques. Heureusement, aujourd'hui, les technologies de traduction automatique ont suffisamment évolué pour que la plupart des textes soient correctement traduits et deviennent lisibles en Chinois, en Bulgare, en Français, en Allemand ou en Russe. Vous verrez apparaître dans les semaines qui viennent de petits drapeaux en haut des documents du site vous permettant de bénéficier de cette traduction automatique. Il semble quand même que certaines langues soient moins bien traduites à ce jour comme nous l'a signalé par exemple Enayat Shahidi pour le Persan mais il est probable que la qualité générale continuera à progresser.

Cependant, nous avons aussi sur le site des documents juridiques et administratifs qui demandent des traductions rigoureuses. Ces textes seront également traduits puis vérifiés et adaptés par des membres des sociétés utilisant les différentes langues pratiquées par la communauté de l'ISH. Ils seront ainsi bientôt lisibles par tous nos adhérents quel que soit leur pays d'origine.

Cette évolution est une étape majeure pour renforcer les liens entre tous les membres individuels et toutes les sociétés qui développent l'hypnose dans le monde.

Un deuxième objectif est de créer des partenariats actifs entre l'ISH et des revues nationales qui diffusent la connaissance de l'hypnose dans leur pays. Des revues existent ainsi dans de nombreux pays comme la France, l'Allemagne, l'Italie, la Suède, le Japon... J'invite ici, dès maintenant, tous ceux d'entre vous qui connaissent ces journaux à leur suggérer de prendre contact avec notre secrétariat (ishworldoffice@gmail.com). Nous souhaitons tisser aussi par ce moyen un réseau de correspondants nationaux très motivés pour diffuser au niveau national les principales informations internationales, les nouvelles recherches, les congrès... Chacune de ces revues aura le droit de porter officiellement le logo de la Société Internationale d'hypnose avec notre devise : « créons des ponts de compréhension ».

Ce projet se mettra en place progressivement dans les mois qui viennent. De premiers contacts très favorables ont déjà commencé et se poursuivront à Montréal pendant notre prochain congrès.

Le troisième projet est mené par notre futur président Bernhard Trenkle. Un annuaire des praticiens les plus dynamiques dans le monde de l'hypnose est en cours de création. Si les grandes lignes ont été validées lors de la réunion de Milan, il reste encore beaucoup de travail à Bernhard et à son équipe (dont son fils) pour que l'annuaire soit opérationnel. Bernhard vous le présentera probablement dans la prochaine newsletter en Juillet. Ce sera un outil supplémentaire pour créer des liens actifs et puissants à l'intérieur de notre monde hypnotique.

A côté de ces nouveautés, l'ISH continue son travail pour faire de l'hypnose une pratique plus accessible et plus sûre.

Le processus pour l'évolution de la charte éthique commencée en 2017 est toujours en cours. Le travail d'observation des pratiques hypnotiques dans les différents pays auquel la plupart des sociétés ont participé a apporté des informations précieuses pour connaître les réalités sur le terrain. Si beaucoup de règles sont très similaires, d'autres sont très spécifiques de la culture médicale ou thérapeutique du pays. L'objectif est que notre charte éthique fournisse à chacun un cadre suffisamment clair pour la pratique tout en gardant une certaine souplesse pour s'adapter aux valeurs culturelles. Consuelo Casula et Kata Varga, responsables du

Comité Ethique travaillent à la formulation de nouvelles propositions. Nous espérons que cette nouvelle charte pourra être validée et votée lors de l'assemblée générale de Montréal.

Lors du congrès de Montréal également, l'ISH proposera pour la première fois un programme éducatif de 3 jours, sous la responsabilité d'Enayat Shahidi, afin d'enseigner les bases fondamentales de l'hypnose thérapeutique. L'objectif est de construire un programme éducatif complet qui pourrait être proposé dans les pays intéressés de découvrir l'hypnose et de commencer la diffusion et l'apprentissage. Ce programme donnera à chaque étudiant un niveau de compétence en hypnose reconnu par un diplôme de la Société Internationale d'Hypnose. Ce diplôme aura une grande valeur pour permettre aux étudiants de pratiquer l'hypnose thérapeutique reconnue sur le plan international tout en respectant les règles spécifiques de leur pays.

Tous ces éléments vont participer à la réussite de cet objectif fondamental pour l'ISH : la reconnaissance de l'hypnose par le World Health Organization. Obtenir cette reconnaissance est essentielle pour finaliser la raison d'être fondamentale de l'ISH : que toutes les personnes qui souffrent, quel que soit leur lieu de vie et leur niveau de vie puissent bénéficier des soins hypnotiques s'ils en ont besoin. Que l'hypnose devienne une technique thérapeutique de base dans tous les champs de la santé et dans toutes les cultures. Un peu comme l'aseptie, la vaccination ou les antibiotiques... Ce chemin long et complexe passe par la reconnaissance auprès des autorités médicales mondiales. Nous avons décidé que le comité WHO devienne un comité permanent et durable dans le temps. Il est aujourd'hui dirigé par Giuseppe de Benedittis et Nicole Ruysaert. Un compte-rendu de leur activité pour sera présenté à Montréal.

Tous les 3 ans, l'ISH renouvelle son bureau. Les candidats aux postes de Président et de Secrétaire trésorier ont été nommés par les représentants des sociétés membres de l'ISH. Les deux candidats pour la présidence sont Mark Jensen (USA), notre secrétaire-trésorier actuel et Teresa Robles (Mexique), directrice des instituts d'Hypnose au Mexique et organisatrice du congrès Mondial d'Acapulco en 2006. Les deux candidats pour le poste de secrétaire-trésorier sont Enayat Shahidi (Iran), actuellement membre du bureau de l'ISH et Trésorier de l'association Iranienne d'Hypnose, et Suzanne Pinco (USA), therapist in New-York City. Lorsque vous lisez cette NL, vous avez certainement déjà reçu toutes les informations de la part de Julie

Linden pour participer au vote. (rappel: pour voter, vous devez être à jour de votre cotisation!)

Une deuxième partie du bureau sera élue pendant l'assemblée générale à Montréal. Ce sont le Président du Council of Representatives, le Vice-président et le secrétaire ainsi que 4 membres actifs du bureau. Chaque société nomme deux représentants qui doivent être membres individuels de l'ISH et qui pourront participer au COR meeting de Montréal. Les sociétés doivent envoyer les noms de leurs deux représentants avant le 1er Juin au Secrétaire Trésorier de l'ISH. Ces deux représentants auront le droit de vote et le droit de se présenter comme candidat aux postes de membre du bureau, de secrétaire, de vice-président et de président du Council of Representatives.

Je vous remercie d'avoir lu attentivement ce long éditorial qui témoigne de l'intense activité de la Société Internationale d'hypnose et je souhaite avoir le plaisir de vous saluer personnellement très bientôt à Montréal.

Claude VIROT
Président de la société
Internationale d'hypnose

Gedanken der Präsidentin

Translator: Reinhild Draeger-Muenke
German

Guten Tag alle miteinander,

Vor einigen Wochen hat sich unser Vorstand für zwei Tage in Mailand, einer wunderbaren Stadt, getroffen, einer Einladung von Giuseppe de Benedetti und Consuelo Casula folgend, die zur Zeit Präsident und Vizepräsident des Repräsentantenrates der Mitgliedsgesellschaften sind. Diese zwei Tage im Jahr erlauben uns Vorstandsmitgliedern, an neuen Dimensionen für die ISH zu arbeiten und schon bestehende Themen zu vertiefen.

Was neue Dimensionen anbelangt, wünschen wir uns vor allem, dass sich die Internationale Gesellschaft ihren Mitgliedern in jedem Land annähert, in welcher Sprache auch immer, um eine stärkere und dynamischere hypnotische Gemeinschaft zu bilden.

Das ganz bald sichtbarste Projekt betrifft unsere Internetseite. Sie wird oft von denen konsultiert, die ihre reichhaltige Information nutzen, und die Entwicklung der internationalen Hypnose besser verstehen wollen. Unsere Seite, regelmässig von unserem speziellen „Webkomitee“ aktualisiert, ist sehr geschätzt, leidet aber an einer seit langem erkannten Schwäche: sie ist komplett auf Englisch.

Durch diese Einschränkung entsteht natürlich eine Barriere für die Mehrzahl unserer Mitglieder und unserer Mitgliedsgesellschaften, die eine andere Muttersprache sprechen. Bis jetzt war es aus Kostengründen unmöglich, in die ungefähr 20 Sprachen zu übersetzen, die in der ISH gesprochen werden. Glücklicherweise gibt es mittlerweile genügend entwickelte automatische Übersetzungstechnologien, um die Mehrzahl der Texte korrekt zu übersetzen, und auf Chinesisch, Bulgarisch, Französisch, Deutsch und Russisch lesbar zu machen. In den kommenden Wochen werden Sie kleine Flaggen oben auf Websitedokumenten sehen, die Ihnen erlauben, sich diese automatische Übersetzung zunutze zu machen. Leider hat uns Enayat Shahidi am Beispiel des Persischen deutlich gemacht, dass zur Zeit bestimmte Sprachen weniger gut übersetzt sind, aber möglicherweise verbessert sich die generelle Qualität noch weiter.

Trotzdem haben wir auf dieser Seite auch juristische und administrative Dokumente die eine exakte Übersetzung verlangen. Mitglieder unserer Gesellschaft, die die verschiedenen Sprachen in der ISH Gemeinschaft gebrauchen, sind dabei, diese Texte zu übersetzen, zu prüfen und anzupassen, damit sie

bald für alle Beteiligten aus allen Ursprungsländern lesbar sein werden. Diese Entwicklung ist ein wichtiger Schritt, um die Beziehungen zwischen unseren einzelnen Mitgliedern und allen Mitgliedsgesellschaften zu verstärken, die die Hypnose in der Welt weiterentwickeln.

Ein zweites Ziel ist es, aktive Partnerschaften zwischen der ISH und denjenigen nationalen Zeitschriften herzustellen, die neue Erkenntnisse über die Hypnose in ihren Ländern verbreiten. Solche Zeitschriften bestehen in zahlreichen Ländern, zum Beispiel in Frankreich, Deutschland, Italien, Schweden, Japan... Ich lade alle diejenigen unter Ihnen, die diese Zeitschriften kennen, ein, den Zeitschriften vorzuschlagen, mit unserem Sekretariat Kontakt aufzunehmen (ishworldoffice@gmail.com). Wir würden auch gerne auf diese Weise ein Reservoir an sehr motivierten nationalen Korrespondenten erstellen, die auf nationaler Ebene dann die wichtigsten internationalen Mitteilungen, neue Forschungsergebnisse, Kongresse... verbreiten könnten. Jede dieser Zeitschriften hätte das Recht, offiziell das Logo der ISH mit unserer Devise „Brücken der Verständigung schaffen“ zu führen. Dieses Projekt wird sich in den kommenden Monaten verwirklichen. Die ersten vielversprechenden Kontakte haben schon begonnen und werden in Montreal während unseres nächsten Kongresses weitergeführt werden.

Das dritte Projekt wird von unserem nächsten Präsidenten, Bernhard Trenkle, geleitet. Eine Auflistung der dynamischsten Praktiker in der Hypnosewelt ist in der Entwicklung. Obwohl die generelle Linie während des Treffens in Mailand bestätigt wurde, gibt es für Bernhard und seine Mitarbeiter (darunter sein Sohn) noch viel zu tun, bevor diese Auflistung operabel sein wird. Wahrscheinlich wird Bernhard sie im Juli Rundschreiben vorstellen. Sie soll als zusätzliches Mittel dazu dienen, aktive und wirksame Verbindungen innerhalb unserer Hypnosewelt herzustellen.

Neben all diesen Neuigkeiten setzt ISH die Arbeit an der Zugänglichkeit und Sicherheit der Hypnosepraxis fort.

Der Entwicklungsprozess unserer Ethikrichtlinien, 2017 begonnen, wird wie geplant fortgeführt. Die Arbeit, an der die meisten Gesellschaften teilgenommen haben, Hypnosepraktiken in den verschiedenen Ländern zu beobachten, hat wichtige Informationen zur aktuellen Lage in den verschiedenen Ländern geliefert. Viele Regeln sind sich sehr ähnlich, andere sind je nach Land medizin- oder therapiespezifisch. Es ist das Ziel unserer Ethikrichtlinien, jedem Richtlinien mit genug Klarheit an die Hand zu geben, und gleichzeitig eine gewisse Flexibilität für die Anpass-

sung an die jeweiligen kulturellen Werte zu bewahren. Consuelo Casula und Katalin Varga, Leiter der Ethikkommission, sind dabei, neue Vorschläge zu formulieren. Wir hoffen, dass diese neuen Richtlinien per Wahl während unserer Generalversammlung in Montreal bestätigt werden können.

Ebenfalls während des Kongresses in Montreal schlägt die ISH zum erstenmal ein dreitägiges Trainingsprogramm zur Vermittlung von Grundkenntnissen in der Therapeutischen Hypnose unter der Leitung von Enayat Shahidi vor. Das Ziel ist es, ein komplettes Lehrprogramm zusammenzustellen, das dann den Ländern angeboten werden kann, die ein Interesse daran haben, die Hypnose zu entdecken und mit ihrer Verbreitung und Ausbildung zu beginnen.

Solch ein Programm würde jedem Lerner ein Kompetenzniveau in der Hypnose attestieren, anerkannt durch ein Diplom der ISH. Dieses Diplom könnte für die Ausgebildeten von grossem Wert sein, weil es ihnen erlauben würde, therapeutische Hypnose auf international anerkannter Ebene auszuüben, unter gleichzeitiger Berücksichtigung der Landesregeln.

Alle diese Elemente tragen zum Erfolg des grundlegenden Zieles der ISH bei: der Anerkennung der Hypnose durch die Weltgesundheitsorganisation (WHO). Diese Anerkennung zu erhalten ist wesentlich, um das letztendliche Ziel der ISH zu erreichen, dessentwegen die ISH vor allem besteht: dass alle leidenden Menschen, wo auf der Welt, und auf welchem Lebensniveau sie auch immer sein mögen, von der heilenden Kraft der Hypnose profitieren können, wenn sie es nötig haben. Dass die Hypnose als eine grundlegende therapeutische Technik in allen heilenden Bereichen und in allen Kulturen anerkannt wird. Ein bisschen wie das Sterilisieren, Impfungen oder Antibiotika... Dieser lange und komplizierte Weg führt nur durch die Anerkennung durch die weltweiten medizinischen Autoritäten. Wir haben uns entschieden, das WHO Komitee zu diesem Zeitpunkt zu einem permanenten und andauernden Komitee zu machen. Gegenwärtig wird es von Giuseppe de Benedettis und Nicole Ruyschaert geleitet. Sie werden eine Zusammenfassung ihrer Aktivitäten in Montreal vorstellen.

Alle drei Jahre erneuert die ISH ihren Vorstand. Repräsentanten der ISH Mitgliedsgesellschaften haben ihre Kandidaten für den Posten des Präsidenten und des Schatzmeisters nominiert. Die beiden Präsidentschaftskandidaten sind Mark Jensen (USA), unser gegenwärtiger Schatzmeister, und Teresa Robles (Mexiko), Direktorin der mexikanischen Hypnoseinstitute und Organisatorin des 2006 ISH Welt-

kongresses in Acapulco. Die beiden Kandidaten für die Position des Schatzmeisters sind Enayat Shahidi (Iran), gegenwärtiges ISH Vorstandsmitglied und Schatzmeisterin der iranischen Hypnosegesellschaft, und Suzanne Pinco (USA), Therapeutin in der Stadt New-York. Während Sie dieses Rundschreiben lesen, haben Sie sicher schon von Julie Linden alle Wahlinformationen erhalten. (Bitte beachten: um an der Wahl teilnehmen zu können, muss Ihr Mitgliedsbeitrag auf dem aktuellen Stand sein!)

Die zweite Hälfte des Vorstandes wird während der Generalversammlung in Montreal gewählt. Das betrifft die Position des Präsidenten des Repräsentantenrates, des Vizepräsidenten, und des Sekretärs, sowie der vier aktiven Vorstandsmitglieder. Jede Mitgliedsgesellschaft nominiert zwei Repräsentanten, die Individualmitglieder der ISH sein müssen, und die an der COR Sitzung in Montreal teilnehmen können. Die Mitgliedsgesellschaften müssen die Namen ihrer zwei Repräsentanten dem ISH Schatzmeister bis zum 1. Juni zugeschickt haben. Diese zwei Repräsentanten haben sowohl das Wahlrecht, als auch das Recht, sich als Kandidaten für Vorstandsposten vorzustellen: für den Posten des Schriftführers, des Vizepräsidenten, und des Präsidenten des Repräsentantenrates.

Ich danke Ihnen, dass Sie diesen langen Beitrag, der die intensive Aktivität in der ISH bezeugt, aufmerksam gelesen haben, und ich würde mich freuen, Sie ganz bald persönlich in Montreal begrüßen zu dürfen.

Mit freundlichem Gruss,
Claude VIROT
Präsident der Internationalen
Hypnosegesellschaft

Lettera del presidente

Translator: Consuelo Casula
Italian

Buon giorno a tutti,

Alcune settimane fa, il nostro consiglio direttivo si è riunito per due giorni a Milano, magnifica città, grazie all'invito di Giuseppe de Benedittis e Consuelo Casula, che sono attualmente il presidente e la vicepresidente del Consiglio dei Rappresentanti (CoR) delle società costituenti. Questi due giorni annuali consentono al board di dedicare del tempo a lavorare su nuove dimensioni della ISH e di approfondire temi già attivi.

La novità è che, al fine di creare una comunità ipnotica più forte e dinamica, abbiamo voluto avvicinare la ISH ai membri di ogni paese, qualunque sia la loro lingua.

Il progetto che sarà presto più visibile riguarda il nostro sito web. Il sito è molto utilizzato da coloro che vogliono beneficiare della sua ricchezza di informazioni e comprendere meglio l'evoluzione internazionale dell'ipnosi. Il nostro sito, regolarmente aggiornato e adattato dal nostro specifico "comitato web" è molto apprezzato, ma soffre di una debolezza identificata da tempo: è interamente in inglese. Questo limite crea ovviamente una barriera per la maggior parte dei nostri membri e delle società che hanno un'altra lingua madre. Fino a ora, per ragioni economiche, non è stato possibile tradurre i contenuti del sito web nelle venti lingue utilizzate dalla ISH. Fortunatamente, oggi le tecnologie di traduzione automatica si sono evolute abbastanza da tradurre correttamente e rendere leggibili la maggior parte dei testi, in cinese, bulgaro, francese, tedesco o russo. Nelle prossime settimane, vedrete piccole bandiere in cima ai documenti del sito web che permetteranno di beneficiare di questa traduzione automatica. Sembra che alcune lingue siano ancora poco tradotte, come Enayat Shahidi ha fatto notare per il persiano, ma è probabile che la qualità generale continui a migliorare.

Inoltre, sul sito appaiono documenti legali e amministrativi che richiedono una traduzione rigorosa. Anche questi testi saranno tradotti, controllati e adattati dai membri delle società nelle diverse lingue utilizzate dalla comunità ISH. Presto saranno leggibili da tutti i nostri membri, indipendentemente dal loro paese di origine.

Questa evoluzione è un passo importante per rafforzare i legami tra tutti i singoli membri e tutte le società che sviluppano l'ipnosi nel mondo.

Un secondo obiettivo è creare partnership attive tra la ISH e riviste nazionali che diffondono la conoscenza dell'ipnosi nei loro paesi. Esistono riviste in molti paesi come Francia, Germania, Italia, Svezia, Giappone ... Invito tutti coloro che conoscono tali giornali a suggerire loro di contattare la nostra segretaria: ishworldoffice@gmail.com. Desideriamo inoltre creare una rete di corrispondenti altamente motivati per diffondere a livello nazionale le principali informazioni internazionali, nuove ricerche, congressi ... Ognuna di queste riviste avrà il diritto di utilizzare ufficialmente il logo della ISH con il nostro motto: "Building Bridges of Understanding" (Costruiamo ponti di comprensione).

Questo progetto sarà implementato gradualmente nei prossimi mesi. I primi contatti molto favorevoli sono già iniziati e continueranno a Montreal, durante il nostro prossimo congresso.

Il terzo progetto è guidato dal nostro futuro presidente Bernhard Trenkle: creare un elenco dei professionisti più dinamici nel mondo dell'ipnosi. Sebbene le linee generali siano state convalidate durante l'incontro di Milano, Bernhard e il suo team (incluso suo figlio) hanno ancora molto lavoro da fare per rendere operativo l'elenco. Probabilmente Bernhard lo presenterà nella prossima newsletter di luglio. Sarà uno strumento aggiuntivo per creare collegamenti attivi e potenti all'interno del nostro mondo ipnotico.

Oltre a queste innovazioni, la ISH continua il suo lavoro per rendere l'ipnosi una pratica più accessibile e più sicura.

Il processo per l'evoluzione del codice etico iniziato nel 2017 è ancora in corso. Il lavoro di osservazione delle pratiche ipnotiche nei diversi paesi in cui la maggior parte delle società ha partecipato ha fornito informazioni preziose per conoscere la realtà del settore. Mentre molte regole sono simili, altre sono specifiche per la cultura medica o terapeutica del paese. L'obiettivo è che il nostro codice etico fornisca a tutti un quadro sufficientemente chiaro per la pratica, pur mantenendo una certa flessibilità per adattarsi ai valori culturali locali. Consuelo Casula e Katalin Varga, le leader del comitato etico, stanno lavorando alla formulazione di nuove proposte. Speriamo che questo nuovo codice venga convalidato e votato all'assemblea generale di Montreal.

Sempre al congresso di Montreal, la ISH offrirà, per la prima volta, un programma di formazione educativa di tre giorni, sotto la responsabilità di Enayat Shahidi, per insegnare le basi dell'ipnosi

terapeutica. L'obiettivo è di creare un programma educativo completo che possa essere offerto ai paesi interessati a scoprire l'ipnosi e iniziarne la diffusione e l'apprendimento. Tale programma darà a ogni allievo un livello di competenza in ipnosi riconosciuto da un diploma della Società Internazionale di Ipnosi. Questo diploma avrà il valore di consentire agli allievi di praticare l'ipnosi terapeutica riconosciuta a livello internazionale nel rispetto delle regole specifiche del loro paese.

Tutti questi elementi contribuiranno al successo dell'obiettivo fondamentale della ISH: il riconoscimento dell'ipnosi da parte dell'Organizzazione Mondiale della Sanità. Ottenere questo riconoscimento è essenziale per finalizzare la ragion d'essere fondamentale della ISH: che tutte le persone che soffrono, ovunque vivano e qualunque sia il loro tenore di vita, possano beneficiare di cure ipnotiche qualora ne avessero bisogno. Lasciare che l'ipnosi diventi una tecnica terapeutica di base in tutti i campi della salute e in tutte le culture. Un po' come un antisettico, un vaccino o gli antibiotici ... Questa strada lunga e complessa passa attraverso il riconoscimento delle autorità mediche mondiali. Abbiamo perciò deciso che la commissione dell'OMS diventi permanente e sostenibile. Oggi è diretta da Giuseppe de Benedittis e Nicole Ruyssaert. Una relazione della loro attività sarà presentata a Montreal.

Ogni tre anni, la ISH rinnova il suo board. I candidati per le posizioni di presidente e segretario tesoriere sono stati nominati dai rappresentanti delle società costituenti. I due candidati alla presidenza sono Mark Jensen (USA), il nostro attuale segretario-tesoriere e Teresa Robles (Messico), direttore degli Istituti ipnotici in Messico, e organizzatrice del Congresso ISH di Acapulco, nel 2006. I due candidati alla carica di segretario tesoriere sono Enayat Shahidi (Iran), attualmente membro del board ISH e tesoriere dell'Associazione iraniana dell'ipnosi, e Suzanne Pinco (USA), terapeuta di New York City. Quando leggerete questa NL, avrete già ricevuto da Julie Linden le informazioni per partecipare al voto. (Promemoria: per votare, dovete aver pagato la vostra iscrizione!)

L'altra parte del board verrà eletta durante il CoR a Montreal: il presidente, il vicepresidente e il segretario del Consiglio dei Rappresentanti, nonché gli altri quattro membri del board.

Ciascuna società nomina due rappresentanti che devono essere membri individuali della ISH e che possono partecipare al CoR di Montreal. Le società devono inviare i nomi dei loro due rappresentanti prima del primo giugno al Segretario Tesoriere della

ISH. Questi due rappresentanti avranno il diritto di votare e di candidarsi alle elezioni come membri, segretari, vicepresidenti e presidenti del Consiglio dei Rappresentanti.

Vi ringrazio per aver letto attentamente questo lungo editoriale che riflette l'intensa attività della International Society of Hypnosis e spero di avere il piacere di salutarvi personalmente molto presto a Montreal.

Cari saluti,
Claude VIROT
Presidente della
Società Internazionale ipnosi

Columna de la Presidencia

Translator: Teresa Robles
Spanish

¡Hola a todos!

Hace algunas semanas, la Mesa Directiva se reunió durante varios días en Milán, una ciudad maravillosa, a invitación de Giuseppe de Benedittis y Consuelo Casula quienes son actualmente Presidente y Vice- Presidenta del COR (Concejo de Representantes de las Sociedades Miembros). Estos dos días anuales permiten que los miembros de la Mesa Directiva tengan tiempo para trabajar sobre nuevas dimensiones de la ISH y profundizar en temas ya activos.

Dentro de las novedades está nuestro deseo de acercar a la ISH a sus miembros en cada país sin importar la lengua, a fin de crear una comunidad hipnótica más fuerte y más dinámica.

El proyecto que más pronto conocerán se refiere a nuestro sitio en Internet. Sitio muy consultado por quienes quieren aprovechar la riqueza de su información y estar al tanto de la evolución internacional de la hipnosis. Aún cuando nuestro sitio se actualiza y adapta de manera regular por nuestro administrado de web, adolece de una debilidad desde hace mucho tiempo: Está completamente en inglés. Esta limitación, hasta ahora, ha creado una barrera para la mayor parte de nuestros miembros y sociedades que tienen una lengua materna diferente. Por razones económicas era imposible traducir a las veinte lenguas o más que se hablan en la ISH. Afortunadamente, hoy en día la tecnología ha evolucionado y nos permite tener textos traducidos correctamente que pueden ser leídos en chino, búlgaro, francés, alemán o ruso. En las próximas semanas verán aparecer en la parte superior de los documentos del sitio pequeñas banderas que indicarán que pueden leer ese documento en esa lengua, gracias a esa traducción automática.

Desgraciadamente la traducción a algunas lenguas todavía deja qué desear como nos señaló Enayat Shajidi para el caso del persa. Pero es muy probable que la calidad en general continúe mejorando. Sin embargo, algunos de los documentos jurídicos y administrativos que aparecen en el sitio requieren de una traducción rigurosa. Estos textos serán también traducidos, verificados y revisados por miembros de la ISH a su propia lengua para que puedan ser leídos por todos nuestros socios sea cual sea su país de origen.

Esta evolución es un gran paso para reforzar los

lazos entre los miembros individuales y todas las sociedades que desarrollan la hipnosis en el mundo.

Un segundo objetivo es crear alianzas activas entre la ISH y revistas nacionales que difundan el conocimiento de la hipnosis en su país. Ya existen revistas de este tipo en Francia, Alemania, Italia, Suecia y Japón... Yo invito desde este momento a todos aquellos que conozcan revistas así en su país a pedirles se pongan en contacto con nuestro secretariado: ishworldoffice@gmail.com. Esperamos de esta manera tejer una red de corresponsales nacionales muy motivados para difundir a nivel nacional informaciones internacionales, nuevas investigaciones, congresos... Cada una de estas revistas tendrá el derecho de llevar el logo de la ISH con nuestro slogan: "Crear puentes para comprendernos".

Este proyecto se echará a andar de manera progresiva en los próximos meses. Ya hemos realizado los primeros contactos que son muy favorables y continuaremos a hacer más durante nuestro próximo Congreso en Montreal.

Nuestro próximo Presidente, Bernhard Trenkle, está realizando nuestro tercer proyecto: Un anuario de los practicantes más dinámicos de la hipnosis en el mundo. Aunque los grandes lineamientos se establecieron en Milán, todavía queda mucho trabajo por realizar para Bernhard y su equipo (su hijo) hasta que el anuario esté operando. Bernhard nos lo presentará probablemente en el próximo Newsletter del mes de julio. Este anuario será una importante herramienta para crear relaciones activas y poderosas al interior del mundo de la hipnosis.

Además de estas novedades, la ISH continúa con su trabajo de hacer la práctica de la hipnosis cada vez más accesible y segura.

Continuamos con el proceso que iniciamos en 2017 para hacer evolucionar nuestro Código de Ética. Para esto ha sido de gran utilidad la observación de la práctica de la hipnosis en los diferentes países a través de casi todas las sociedades, como un trabajo de observación en el campo. Si bien muchas reglas son generales, otras son muy específicas de acuerdo con la cultura médica o terapéutica de cada país. Nuestro objetivo es que este código pueda ofrecer lineamientos generales con flexibilidad suficiente para adaptarse a los valores culturales de cada lugar. Consuelo Casula y Katalin Varga, están a cargo de la redacción del Código de Ética y nos formularán nuevas propuestas. Esperamos poder validar este nuevo Código en nuestra próxima Asamblea General en Montreal.

También durante el Congreso de Montreal, la ISH propondrá por primera vez un programa de entrenamiento de tres días con las bases fundamentales de la hipnosis terapéutica. Este programa estará bajo la responsabilidad de Enayat Shahidi y tiene como objetivo proponer un programa educativo completo que pueda ser aplicado en los países interesados en conocer la hipnosis y comenzar a difundirla y a aprenderla. Este entrenamiento dará a cada estudiante un nivel de calificación avalado por un Diploma de la ISH y que permitirá a los que lo posean practicar la hipnosis terapéutica con reconocimiento internacional, respetando las reglas de cada país.

Todos estos elementos colaboran al logro del objetivo fundamental de la ISH: que la Organización Mundial de la Salud reconozca el uso de la hipnosis. Este reconocimiento apoyará el logro de la razón de que todas las personas que sufren y vivan en cualquier lugar del mundo y pertenezcan a cualquier clase social puedan beneficiarse del tratamiento con hipnosis si lo necesitan. Que la hipnosis se convierta en una técnica utilizada en todos los campos de la salud y en todas las culturas, Así como la asepsia, las vacunas y los antibióticos... Este camino largo y complejo pasa por el reconocimiento de las autoridades médicas mundiales. Por esta razón hemos decidido que el comité OMS sea un comité permanente. Actualmente lo dirigen Giuseppe de Benedittis y Nicole Ruyssaert que nos hablarán de los avances en Montreal.

Cada tres años la Mesa Directiva de la ISH se renueva. Los candidatos a Presidente y a Secretario son nominados por los representantes de las sociedades miembros de la ISH. Los dos candidatos para Presidente en esta ocasión son Mark Jensen , de USA, nuestro actual secretario y Teresa Robles de México, directora de los institutos de hipnosis en México y organizadora del Congreso de la ISH en Acapulco, 2006. Los candidatos para el puesto de Secretario-Tesorero son Enayat Shahidi, de Irán, actualmente miembro de la Mesa Directiva y Tesorero de la Asociación Iraní de Hipnosis y Suzanne Pinco, de USA, terapeuta en Nueva York.

Cuando lean este Newsletter, seguramente ya habrán recibido todas las informaciones sobre ellos de parte de Julie Linden para poder votar. Les recuerdo que para poder votar tienen que estar al corriente de sus pagos.

La mitad de la Mesa Directiva será elegida durante nuestra Asamblea en Montreal. Se elegirán al Presidente, Vicepresidente y Secretario de la Asamblea de representantes (COR) y cuatro

miembros más de la Mesa Directiva. En esta reunión podrán participar dos miembros representando a cada sociedad que sean ya miembros individuales de la ISH y que puedan asistir a la reunión en Montreal.

Las sociedades deberán enviar los nombres de sus representantes al Secretario-Tesorero antes del 1 de junio. Estos candidatos tendrán derecho a votar y a ser elegidos en los puestos que se renovarán en la Mesa Directiva.

Les agradezco por haber leído con atención esta larga editorial, prueba de la intensa actividad de la ISH y espero tener el placer de saludarlos personalmente muy pronto en Montreal.

Atentamente
Claude VIROT
Presidente de la
International Society of Hypnosis

Letter from the Editor



Dear Colleagues:

I send you with pleasure this issue of the Newsletter.

This time the **Main Interview** reintroduces **Dr. Gary Elkins**, who is the Editor-in-Chief of the International Journal of Clinical and Experimental Hypnosis, the official journal of the International Society of Hypnosis. He is a Professor of Psychology and Neuroscience at Baylor University

and Director of the Mind-Body Medicine Research Laboratory at Baylor University where he leads a team of post-doctoral fellows, graduate and undergraduate students and clinical research staff. We already introduced Gary in an [earlier issue \(2015/2\)](#), now the questions of Mark Jensen are focusing on his editorship and plans regarding the IJCEH.

This time the column of **“Meeting our Mentors”** we get to know better **Albrecht Schmierer**, one of the greatest legends in dental hypnosis. Among many other virtues he is famous for being founder and past president of the German Society of Dental Hypnosis. He was a board member of ISH, and he was the first person who was awarded with the ISH “Kay Thompson” medal. Nevertheless, what personally impresses me is his very nice smile, and the harmony he expresses working with his wife, Gudrun.

The section on **Clinical Relevance of Research Findings** connects the research fields of hypnosis and hypnotherapy. This time **Katherina Hatzigian-ni** summarizes the studies on Understanding How Oxytocin is Related to Hypnotizability. She is a third-year student in the Psychology Bachelor program at Eötvös Loránd University in Budapest, and also employed at a psychiatric unit in Oslo, where she works during the holidays and semester breaks.

Of course, we have the well-known column **“Findings of Note”** in which **Fanni Pusztai** summarizes new prominent clinical and research papers.

In the **“Behind the Scenes”** **Mathieu Landry** is introduced –who is one of the organizers of the upcoming ISH congress in Montreal. Those who have never organized a meeting like that can not imagine how much hard work is behind the smooth flow of a conference...

We have a book review by **Nicole Ruyschaert**, news from the Montreal conference, and other events.

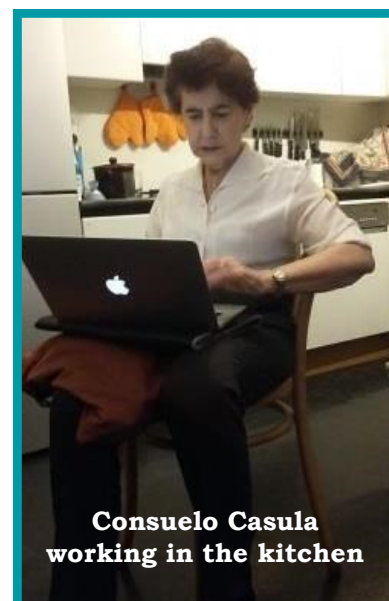
I repeat my invitation: please do contact me with your ideas, suggestions for topics, questions, or new columns – and of course your feedback on this issue...

Let me share with you a personal note. During the Board meeting in Milan I had the pleasure to spend my days with two exceptional women, Consuelo Casula and Julie Linden, as we stayed at Consuelo's place.

Now many weeks have passed, but still I have very nice, warm feelings when thinking back on those private and professional moments we had together. For me, Consuelo is one of the role models for being so active in private and professional lives, and taking care of interpersonal relationships, just like her own health and well-being.

Let me share some photos of Cooking together with Consuelo, discussing several professional issues, and being at the informal dinner party she gave for the Board members.

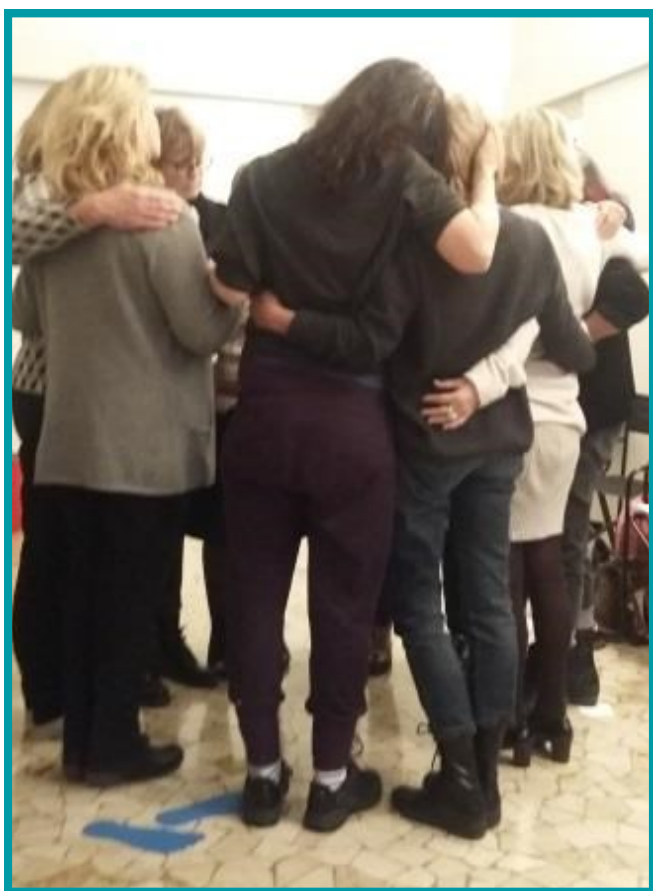
Katalin Varga
Dipl. Psych. Ph.D.



Consuelo Casula
working in the kitchen



Pictures left:
„Voce di donne”
workshop.
Photos with the
permission of group
members.
Teachers
(from left to right):
Julie Linden,
Consuelo Casula,
Katalin Varga and
Nicole Ruysschaert



Pictures right:
Cooking together
with Consuelo





Dr. Gary Elkins is the Editor-in-Chief of the International Journal of Clinical and Experimental Hypnosis, the official journal of the International Society of Hypnosis. He is a Professor of Psychology and Neuroscience at Baylor University and Director of the Mind-Body Medicine Research Laboratory at Baylor University where he leads a team of post-

doctoral fellows, graduate and undergraduate students and clinical research staff. His research program has received over \$6 million dollars of funding to conduct hypnosis research and he has more than 100 publications. Gary presented workshops nationally and internationally on topics related to hypnosis in psychotherapy, evidence-based practice of hypnotherapy, women's health (hot flashes and sleep), pain, anxiety, advanced hypnotic interventions, hypnotizability, and mindful hypnotherapy. Gary is the author of the ground-breaking book, the **Handbook of Medical and Psychological Hypnosis: Foundations, Applications, and Professional Issues** that covers over 75 chapters and the most contemporary research and clinical methods for a wide range of disorders. In addition, Gary is the author of several other books including: **Hypnotic Relaxation Therapy: Principles and Applications** which provides a training manual and the administrations and scoring of the Elkins Hypnotizability Scale (EHS). Also, his newest book due to be out in August, 2018 is entitled **Mindful Hypnotherapy: The Basics for Clinical Practice**. Dr. Elkins is the immediate Past-President of the Society of Clinical and Experimental Hypnosis and Past-President of the American Society of Clinical Hypnosis. Gary is a Fellow of the Society of Clinical Psychology (Division 12), Society of Psychological Hypnosis (Division 30), and Society for the Advancement of Psychotherapy (Division 29). He is a licensed psychologist and has certification in Clinical Health Psychology from the American Board of Professional Psychology (ABPP) and the American Board of Psychological Hypnosis (ABPH). Gary has received numerous honors including the Morton Prince Award from the American Board of Psychological Hypnosis, Bernard Ragenski Award for advancing research and practice and the 2012 Complementary and Alternative Medicine Research Investigator Award from the Society of Behavioral Medicine. His **Handbook of Medical and Psychological Hypnosis: Foundations, Applications, and Professional Issues** received the **Best Book in Hypnosis Award** from the Society for Clinical and Experimental Hypnosis. For more information about submission to the International Journal of Clinical and Experimental Hypnosis his email contact is: IJCEJ@baylor.edu or Gary_Elkins@baylor.edu

Main Interview

Dr. Gary R. Elkins
Interview by Mark Jensen

What are you most excited about, as you take on the role of EIC of our flagship journal?

As the Editor-in-Chief I am very excited about the many ways the International Journal of Clinical and Experimental Hypnosis will continue to be the leader in advancing hypnosis research and practice. In all areas of health care there is now a greater emphasis on evidence-based practice. While hypnosis has a wide range of applications, much, much more needs to be done to establish efficacy and identify the mechanisms of hypnosis. With this in mind, I look forward to supporting authors in submission of their manuscripts.

In addition, there is tremendous opportunity for international growth of the Journal. More than any time in the past technology now provides greater ease of communication and dissemination on an international scale. I am seeking input from board members, authors and reviewers on how we can best use technology such as transition to on-line system for submission and review of manuscripts through Scholar One, use of social media to bring greater attention of important publications, and increasing subscriptions to the Journal.

What do you see as priorities for hypnosis research?

Among the higher priorities is the need for well-designed clinical trials evaluating the efficacy of hypnosis interventions. Some of the areas where we have empirical support is in acute and chronic pain, irritable bowel syndrome, post-traumatic stress symptoms, sleep problems, cancer related symptoms, and menopausal symptoms such as hot flashes. I would like to see more studies of these areas as well as anxiety, depression, medical and dental conditions, children's health care, integrative care and well-being to name a few. Authors are encouraged to include measures of hypnotizability and include participants across the full spectrum of hypnotic abilities – low, mid, and high so that the role of hypnotic responding can be more fully understood in clinical practice. When possible, studies that include strong control conditions to address placebo effects, expectancy, time and attention, and the specifics of hyp-

notic inductions can greatly improve the rigor and impact of hypnosis research.

There has been tremendous progress in this area using fMRI, EEG, PET scan identifying individual differences based on hypnotizability and specifics of hypnotic suggestions. For example, response to hypnotic inductions has been associated with medial prefrontal cortex activity and fMRI studies have indicated differences in functional connectivity in the brain networks of highly hypnotizable individuals. I believe that neuroscience has tremendous potential to advance scientific knowledge of hypnosis and will have large implications for understanding the mechanisms of mind-body therapies in general.

In recent years there has been increasing interest in contemplative practices such as mindfulness and meditation. Studies which explore the phenomenological similarities and differences between hypnosis and mindfulness are of interest. Also, I believe that the integration of mindfulness and similar practices with hypnosis interventions may have a synergistic effect. Also, such research may have implications for developing new theoretical formulations of hypnosis, mindfulness, and cognitive-behavioral interventions.

Another fruitful area is in the use of hypnotic suggestions to model psychiatric symptoms such as conversion-like symptoms, amnesia, and suggested hallucinations. Hypnotic phenomena are well known, and there has been some fascinating research using hypnosis and neuroimaging to model neurological and psychiatric symptoms.

However, I want to add that these are just a few of the priorities and areas of interest. Submissions will be welcomed that add to the base of knowledge in clinical and experimental hypnosis. This can include controlled trials, neuroscience, case studies, literature reviews, theoretical papers, etc.

What are some areas of your research in the Mind-Body Medicine Research Lab at Baylor University?

I am currently conducting a large multi-site randomized clinical trial of a self-administered hypnosis intervention for hot flashes and sleep problems among post-menopausal women and breast cancer survivors. The study (R01) is funded by the National Institutes of Health, National Center for Complementary and Integrative Health and will extend over the next 5 years. The active intervention (hypnosis) is being compared to a “sham hypnosis” control that was developed and used in a prior study. In this study we will be measuring heart rate variability (HRV) and changes in cortisol as potential media-

tors. Hypnotizability will be determined using the Elkins Hypnotizability Scale (EHS). We aim to enroll 232 women in this clinical trial and outcomes will include measures of hot flashes, sleep, anxiety, and benefit.

The Elkins Hypnotizability Scale has also been a focus of research in my lab over the past several years. The EHS was developed as a relatively brief (about 20 minute) assessment that can be easily integrated into clinical work. It has been shown to have a high correlation with the Stanford Hypnotic Susceptibility Scale-Form C ($r=.82$) and yields scores from 0-12. In clinical studies in my lab, we are finding that all individuals can benefit from hypnotherapy, but individuals who are higher in hypnotizability may benefit more quickly (with fewer sessions) in clinical studies. This research is on-going.

Studies in my lab are also underway to investigate mindfulness and hypnotherapy for stress, anxiety, and positive-growth in mental health. My team is exploring ways that hypnosis and hypnotic inductions can be used as a way of delivering mindful suggestions and as a brief intervention to increase mindfulness.

Do you seek to publish clinical articles as well as empirical research in the International Journal of Clinical and Experimental Hypnosis?

Yes, clinically relevant research includes well-designed case studies as well as meta-analysis, reviews, theoretical papers, ethics, and innovative clinical methods. Case studies can provide valuable contributions to identifying innovative methods and applications.

Case studies should include sufficient literature review of the issue of study, relevant hypnosis research, diagnostic information and case material, baseline and outcome data using standardized measures. Case studies should also include assessment of hypnotizability and provide sufficient detail of the intervention to allow for replication. Discussion should acknowledge any limitations and recommendations for future study. Case studies that address a new application of hypnotherapy, unusual results, or especially innovative in regard to conceptual framework or outcomes are of most interest.

In what ways would you like to collaborate more with ISH and ISH members, as the IJCEH continues to develop?

Thank you for asking that question! ISH members with an interest in serving as reviewers, board members, and submitting articles are encouraged to con-

tact me. The success of the Journal depends upon high quality submissions and thoughtful reviews that are informative and help to improve manuscripts that are accepted for publication. If you are engaged in hypnosis research or have clinically relevant studies, please submit your articles to the IJCEH; if you are willing to serve as a reviewer for the Journal; please contact me and let me know of your interest.

Through collaboration, the Journal can help with promoting ISH meetings and I would also like to foster more collaboration with ISH component societies in promoting subscriptions to the IJCEH. As more members subscribe to the IJCEH, it provides more resources for dissemination and growth of the Journal and advances in hypnosis research and practice innovations. I also ask that ISH members share their ideas with me for future special issues of the Journal, ideas for collaboration, and ways to foster excellence.

Related to this is that authors will be encouraged to participate in data sharing. Data sharing can be very valuable in enhancing collaboration between hypnosis research labs and universities. For example, sharing data on hypnotizability, neuroimaging, electrophysiology studies, and standardized protocols has the potential to greatly benefit hypnosis research. Data sharing can be planned into studies and occur after publication of primary study results. Data sharing can also be of benefit to early career professional who may be seeking data for research or dissertations as well as mentorship.

What do you view as the most important benefits of ISH members having easy access to the IJCEH?

The IJCEH is the best resource for cutting edge hypnosis research, reviews, and clinical methods by authors from around the world. It provides essential exchange of ideas and the leading Journal for publication. The Journal has an international perspective and publishes articles of relevance to ISH members from around the globe.

Quality contributions are sought and will be published from all theoretical perspectives and including theoretical papers, experimental designs, exploratory studies, randomized clinical trials, and well-designed case studies. A diversity of viewpoints are given voice in the Journal.

I am a clinician (board certified clinical health psychologist) and a scientist within a Department of Psychology and Neuroscience that houses doctoral programs in Experimental Psychology, Neurosci-

ence, and Clinical Psychology. In my view, competent clinical practice should be informed by the best available research. Likewise, clinically relevant research is of most benefit.

How can members contact you to submit articles and support the IJCEH?

Articles can be submitted as an attachment via email at: IJCEH@baylor.edu. The webpage at <https://www.tandfonline.com/loi/nhyp20> provides guidance to authors and requirements for submission. The Managing Editor, Lynae Roberts can also respond to queries regarding submissions or other matters. The IJCEH should be the primary place to find the latest beautiful, important, surprising, and ingenious developments in hypnosis research!

Meeting Our Mentors



**Dr. med. dent.
Albrecht Schmierer**

Albrecht Schmierer was born on the third of January 1948. He is married to Gudrun since 1986, and they have two children, Maximilian and Victoria. He is retired as a dentist since 2018. His first profession was as a dental technician. Then after the dental exam in 1975, he was writing his doctoral thesis (Dr. med. dent.) at the dental clinic

of the University of Tübingen. He became an academic teacher during 1975-79 at the University of Tübingen, obtaining an official lectureship on medical hypnosis from 2005 up to today. In November 1979, he started his private dental clinic in Stuttgart. As a student, he began with Gestalt therapy (Toni Horn 1970-78). Learning medical hypnosis started in 1980 (Deborah Ross, Marc Lehrer, Franz Baumann, and David Cheek). His first hypnosis seminar for dentists started, together with Manfred Prior, in 1982. Up until now he has been teaching hypnosis in seminars and about 5000 dentists were trained in hypnosis. His "papa" in hypnosis was Peo Wikstrom, who helped him to become a member of the American Board of Hypnosis in Dentistry, A.B.H.D. His Hypnosis "mama" was Kay Thompson. With both Peo and Kay there were many nice personal meetings at home and during many workshops and conferences. Dr. Schmierer was founder and president from 1989 to 2012 of the DGZH e.V. (German Society of Dental Hypnosis), gaining 1500 members over 10 years. He served as board member of MEG, ISH and ESH. His books on dental hypnosis, child hypnosis in dentistry, and reducing dental fear for patients, helped for the acceptance of hypnosis in dentistry. He founded the publishing company "Hypnos Verlag" (www.hypnos.de), producing books, CDs and DVDs about pain control, fear, self-hypnosis and mental training. He is an honorary member of MEG and DGZH. ISH awarded him with the first "Kay Thompson" medal and the ESH with the "friends of ESH" award. He also was given the scientific award of MEG. He has taught hypnosis at many German and international Universities and conventions.

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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.

Albrecht Schmierer
Interview by Katalin Varga

As a student I took Gestalt seminars with Toni Horn from NY. For a long time he was secretary of Fritz – and he fascinated us with telling metaphors all night long, but got very upset when I later told him that he was doing hypnosis and NLP. For some years I organized the groups for him and after 8 years became a Gestalt therapist 1978. My first experience with hypnosis was in 1980, when Deborah Ross put me in a deep trance in spite of all my belief systems and scientific orientation. I joined the seminar, because a patient threatened to sue me. He had extreme pain from grinding his teeth and I could not help him with all the dental treatment. And my first hypnosis with this guy was fantastic. He had no more pain and became a "normal" patient. This made me absolutely curious about hypnosis and I decided to learn it thoroughly.

The next teachers in hypnosis were Franz Baumann, Mac Lehrer and David Cheek. Agathe Rumohr (MD), my sister, was organizing these hypnosis seminars in Kiel. As I was specialized in TMJ problems (CMD, cranio mandibular disorders), many cases could be helped with the combination of dental and hypnotic treatment. In 1984 Burkhard Peter invited me to his Munich Ericksonian congress, where I met Vladimir Gheorghiu, Volker Reindl and Walter Bongartz. This was the beginning of a great affair with hypnosis: I started to integrate hypnosis in my dental seminars at the Tübingen University, because I found hypnosis the most effective tool as an adjunct to the standard therapy of TMJ. After the congress a TV team asked me to participate in a health magazine about hypnosis. But they had no interest about treating hypnosis and TMJ ("we already have enough hypnotherapy, we need something crucial and painful with blood and drilling for the dental topic"). So, I did a 4 hour teeth preparation for 12 crowns and periodontal treatment with electrosurgery without chemical anesthesia or sedation, just with hypnosis. The patient was my (from 1989 on) wife Gudrun. We have been working together ever since, until we retired at the end of last year. We took our two children with us to many conferences, seminars and lectures at universities. They learned a lot by being always with us. But 1983 Gudrun was a normal patient, when she was volunteering for the treatment in hypnosis. After she got her provisory crowns and bridges we

went for lunch with the TV team and the patient. She was with eating together with us, very happy and excited and had no pain at all.

This changed my clinic (by many phone calls following the TV show) into specializing in hypnosis, mostly anxiety and phobias (about 70 % of the patients), but also people (about 5%) who came in search of treatment without any chemical pain control or sedation. I did not offer this, because it is sometimes an exhausting treatment for the patient and the team. We always felt as if we were suffering together with the patient by constant pacing. I knew I could start surgery, when I had in my own mouth the feeling of numbness in the region of work and the patient had opened his mouth a sign that he is ready for treatment. Pain control works, when the patient feels that we are experiencing everything with him. Only if the patient was asking for treatment in trance with a clear aim for that, was I ready to do it. There were some hypnotherapists who wanted to experience hypnosis for themselves ("then I know that it is really working"). Some wanted surgery in hypnosis because they got to know that healing would be much better and faster and some needed hypnosis because of allergic reactions from dental needles. From 1983 on we did hypnosis seminars in Stuttgart in my clinic, working together with DGH and MEG, with many international teachers such as Peo Wikstrom, Vladimir Gheorghiu, Jeff Graham, Shaul Livnay. We started the "curriculum dental hypnosis" developed the system of education with 6 weekends (96 hours) plus 32 hours of supervision and established the manuscripts for the training. In 1989 we started the first international supervision seminar in Malta, from 1995 on, every year in Gozo (the ESH congress of 2005 took place there also) and this year we will have the 26th congress in Gozo (www.allesgozo.de). It is one week with an average of 35 teachers and around 150 participants, some are joining the 25th time. In Gozo we are having a lot of fun day and night and the group stays together, because of no nightlife or golf courses. The workshops range from bow and arrow meditation, jogging in trance, experiencing abreaction, deep trance and a parallel child hypnosis congress.

In 1993 during the Vienna congress of ESH we met Kay Thompson. She became my most important teacher and friend in hypnosis. From 1994 on we did a curriculum for medical and dental hypnosis together with Marianne Martin and Henriette Walter with the concept we had developed in Stuttgart.

Also, in 1994 we started the DGZH e.V., the German society of dental hypnosis with 7 fellows. It developed in ten years into 1500 members and was the fastest growing hypnosis society ever. The reason, I

feel, was the fact that we met three times a year: 1. The annual meeting in Berlin, 2. Gozo 3. The trainer training in Stuttgart, always with a lot of chances for self-experience in many aspects. We did a lot of work with the public press, installing a gentle dental treatment campaign with articles in almost every newspaper, many TV shows and broadcasting, every DGZH member invited his local press to a live demonstration with his patients. The participants reported that they have less stress, more happy patients and a motivated team. They found that using hypnosis is a win-win system for the team and the patients. We developed fast induction techniques, the use of CDs, and the training of the whole team, so hypnosis could save time and work be more focused. We also developed the use of nonverbal tools, like music, pacing and leading the breathing (we found, that we do it already by watching tapes in fast forward), and utilizing anchoring techniques at the shoulders and professional body language; being relaxed ourselves calmed down our patients.

For some years together with Dirk Revenstorf and the University of Tübingen we did medical hypnosis seminars with the MEG in Stuttgart. The medical doctors were different than the dentists. After a demonstration they first wanted to discuss about ethics, the method and if they wanted to learn the next step this way. We needed, compared to the dentists (who just do, what they have seen and learn fast), much more time for discussions and arguments. Maybe that's why it takes longer to get hypnosis accepted in the medical setting. They are, when they have learned hypnosis, enthusiastic for it, but have more problems to integrate in their everyday work, mostly there is somebody around with a lot of criticism about hypnosis.

The work with "interesting" patients is special, and we had a lot of them. To handle the time demands and the overload of panic and bad habits, I worked together with psychologists in my clinic. They had the time to start with therapy sessions, to help to overcome the phobic reactions and to teach self hypnosis to the patients. They were with the patients during the dental treatment as papa and mama, with often a hand on the belly, deepening the breath, reinforcing all the relaxing signals. The psychologists also had intern students to learn about hypnosis and to do research. They could join the seminars and learned a lot.

In the many years we are teaching and using hypnosis we experienced a change in the use of hypnosis. It went from a formal act of explaining, informed consent, videotaping and doing an induction technique, the deepening, utilizing the state, posthypnotic work and reorienting, and getting feedback to

a mostly indirect and conversational style without many special words transfer of our team trance state (which is externally focused) so that the patient does not feel hypnotized, but after treatment sometimes asks “I don’t remember anything and I felt good all the time, did you hypnotize me ?” We answer, “ You have done great work together with us, because you can relax totally and show your trust in what we do, so this helps to work together in a kind of flow state, but we did not hypnotize you.” The only bad thing is: You cannot ask for money. But hypnosis is not for making big money, it is for having a wonderful life, full of hugs from a lot of people and bringing the right people to you, that you like to work with.

During the many years as I was member of the board of ESH, ISH, MEG and DGZH I had only little time for the children, my wife and for myself. Many engagements in societies were sometimes dull and boring, politics are exhausting and energy stealing. Every day self-hypnosis during lunchtime was my resource for health and family. The grandparents were also helping a lot, so that Gudrun and I could focus on our passion: To develop hypnosis as a normal tool for dentists and medical doctors. We went to almost every German university to give lectures on medical hypnosis and to support science in the field of hypnosis. Most of the time we were in a flow state, so that we rarely felt exhausted. The more love you give, the more you get back. And hypnosis is giving love, that’s all.

Now as an old couple, we enjoy our time, still teaching, travelling, reading, writing and no more politics....



Albrecht Schmierer
„Teatime at a hotel in Bangkok”
Perfect place to enjoy life.

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...

UNDERSTANDING HOW OXYTOCIN IS RELATED TO HYPNOTIZABILITY By Katerina Hatzigianni

Oxytocin has been given several names for its effects and areas of usage, namely love hormone (DeWall et al, 2014), social neuropeptide (Rossignol, 2009), stress hormone (Lang et al. 2015) and moral molecule (Zak, 2011), just to mention a few examples. In its simplest form, oxytocin is a neurotransmitter and a neuropeptide hormone, which is produced in the hypothalamus, stored in the neurohypophysis



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more knowledge about the many fields of psychology whilst also being able to explore an unfamiliar part of Europe. Katerina is currently employed at a psychiatric unit in Oslo, where she works during the holidays and semester breaks.

and secreted by the pituitary gland in the brain in both sexes, in addition to being secreted in the ovaries of women and in the testes of men (Cacioppo, Tassinari & Berntson, 2007, p. 322). Presumably, there is a connection between oxytocin and hypnosis, which encompasses various phenomena centered on response to suggestion (Yupko, 2015). Here, I will discuss relevant empirical research on the topic of oxytocin and hypnotizability by presenting some of the numerous studies conducted looking at either hypnosis or oxytocin in relation to some other construct, namely attachment, theory of mind and mirror neurons. An integrative perspective relating oxytocin and hypnosis to other areas of research can give a clearer picture of the underlying connection between oxytocin and hypnosis.

THE IMPORTANCE OF OXYTOCIN TO SOCIAL BONDING

Oxytocin has been argued to be related to a system of infant-caregiver attachment, namely tending and befriending (Taylor et al., 2000). Because females generally produce more oxytocin than men, it is suggested to be a system of responses that are stronger in females, playing an important role in mother-infant bonding by for instance stimulating release of milk letdown response from the nipple (Carver & Scheier, 2012, p. 158). The idea that oxytocin is involved in maternal care is a starting point, but it seems facilitate social attachments in more general terms. Of importance to forming social ties is trust, which have been found to stimulate the release of oxytocin under the condition of trusting a stranger with one's own money (Zak, 2011). Rising levels of oxytocin occurs during sexual activity (Carmichael, Warburton, Dixen & Davidson, 1994) and massage (Morhenn, Beavin & Zak, 2012), influencing emotional attraction to other human beings during physical intimacy and skin sensitivity when being touched. High levels of oxytocin are also associated with orgasm, in which levels remain high after orgasm, and therefore contribute to emotional and erotic bonding of sexual partners (Cacioppo et al., 2007, p. 247). In other words, oxytocin cannot simply be linked to one specific area of usage. It is a hormone that seems to have multiple purposes, and is therefore of interest to researchers in many areas of psychology.

BRYANT'S STUDIES: OXYTOCIN AND HYPNOTIZABILITY

Interest has been raised about oxytocin in relation to hypnosis, especially by the Australian researcher Richard A. Bryant and his colleagues, who came up with the idea of examining oxytocin and hypnosis together in a study. In 2012, Bryant, Hung, Guastel-

la, and Mitchell, conducted a study with 40 men to determine whether higher oxytocin levels would increase susceptibility to hypnosis. As hypothesized, intranasal oxytocin spray taken prior to hypnosis increased trust among the participants, as opposed to placebo oxytocin. The study concluded that intranasally administered oxytocin may increase the number of individuals capable of deeper hypnotic response by promoting increased trust in the hypnotist from the patients' side. Increased trust in the hypnotist has also been attributed as a probable reason for why oxytocin can facilitate normally unacceptable and socially embarrassing behaviors, such as swearing or dancing, after being hypnotized (Bryant & Hung, 2013). Bryant, Hung, Dobson-Stone and Schofield (2013), examined the association between the oxytocin receptor gene (OXTR) and hypnotizability. Testing 185 participants, it was found that those participants having the GG genotype at rs53576 were less hypnotizable and had lower absorption scores; concluding that the oxytocin receptor gene seemingly influences the capacity to respond to hypnosis. The findings from these studies suggest that oxytocin, either as a genetic component or introduced through the nose, can increase hypnotizability. Although Bryant's studies can give an assumption of the presumable link between hypnosis and oxytocin, there are to date few other studies examining the direct effect between oxytocin and hypnosis.

WHO IS HYPNOTIZABLE? ADDRESSING THE IMPORTANCE OF THE COMT GENE

Researchers have stumbled upon the method of hypnosis for years, trying to explain it with diverse theories. Of importance is the interaction between the hypnotizer and the client that drives this psychological process, also known as suggestion (Parris, 2016). Hypnosis is a method of eliciting emotions. One may give a suggestion to imagine a situation/event of a given emotional tone; give a direct suggestion to experience a given emotion; or give a suggestion to revive a memory of a given emotional tone, which then may suggest to the person to detach the event of the memory from the emotion the event elicited, and keep this emotion in a "pure" form (Józsa, 2016). Several studies have argued for the importance of catechol-O-methyltransferase (COMT), the dopamine-degrading enzyme, which renders clients more hypnotizable. Rominger et al. (2014) suggested that participants with the Met/Met genotype had the highest susceptibility scores when attentional control was high. The researchers noted that when removing the variable of attention, COMT was not associated with hypnotizability on its own. Related to attentional control is absorption; a personality trait termed by Tellegen and Atkinson

(1974), explaining the degree to which one can be fully immersed in one's senses in the present. Knowing that mental imagery is of crucial importance for a successful hypnotic interaction (Yapko, 2015), one can assume that absorption may be the personality trait that is most explanatory for susceptibility to hypnosis (Lichtenberg, Bachner-Melman, Ebstein & Crawford, 2004). However, there are highly hypnotizable individuals who do not have the ability to see mental imagery, thus other senses and mental thoughts are responsible for their hypnotic responsiveness instead. Other studies have discovered that those homozygous for the Val allele have the highest susceptibility scores (Szekely et al., 2010), indicating that they would be most responsive to hypnosis. Lichtenberg et al (2004) found that the Val/Met genotype was associated with higher hypnotizability, however only in women, stating that there is a gender difference in susceptibility scores. Similar results were reported by Raz (2005), who also proposed the Val/Met genotype as the crucial genotype to higher hypnotizability rates. Thus, it cannot be confirmed whether it is the Val or Met allele that affects susceptibility to hypnosis. However, it does inform us that our genetic predisposition could influence susceptibility scores, with the COMT gene being one probable source of understanding who are the hypnotizable.

SECURE ATTACHMENT: PREREQUISITE FOR SUCCESSFUL HYPNOSIS?

An interesting perspective on the connection between hypnosis and oxytocin takes attachment into account, by claiming that hypnotic suggestions favoring secure attachment could prove to be crucial in therapy. Zelinka, Cojan and Desseilles (2013) points to the fact that if a therapist displays many of the same characteristics as a secure caregiver, he or she could in theory facilitate the development of a secure attachment relationship with the patient. This can in turn generate beneficial consequences, and hypothetically induce greater hypnotizability for the patient. Confirming this view, Varga and Kekecs (2013) found heightened oxytocin levels in their participants after hypnotic interaction when the participants experienced a harmonic relation with the therapist. Furthermore, in a study aimed at finding individual variations in response to stressful events, it was found that subjects with a secure-autonomous attachment classification had high levels of oxytocin, whilst subjects with either an avoidant-dismissing or anxious-preoccupied attachment style had lower levels of oxytocin (Pierrehumbert, Torrisi, Ansermet, Borghini, & Halfon, 2012). It has been written that children coming from malfunctioning homes, such as an under-staffed orphanage, fail to develop a working oxytocin system even after being taken into

a well-functioning home (Zak, 2011), thereby proving the importance of a secure adult attachment in early development in order to develop a normal oxytocin system, which in turn, can be extended to understand the hypnotic interaction.

HYPNOTIC SUSCEPTIBILITY: INTERPLAY BETWEEN ATTACHMENT AND THEORY OF MIND

An analogy has been drawn between a child's capacity for mentalization as a result of parental behavior, and hypnotic susceptibility as a by-product of interpersonal orientation and attachment style when growing up. Költő (2015) suggests that people who show high responsiveness to hypnosis are those who show high levels of interpersonal orientation, optimally functioning Theory of Mind, and are able to empathize with others. The statement seems logical, first of all because hypnosis involves reciprocal exchanges and interaction in which one person aims at talking another person through a variety of suggestions, and it is therefore crucial that both parts process each other's mental states. It is also logical given the fact that parental care is of great influence for young children's development in later life, and their ability to form new interpersonal relationships. In relation to oxytocin, it seems plausible that oxytocin may also been involved, given the fact that the hormone serves to promote social bonding, which is not necessarily just between mother and infant or sexual partners, but could also potentially be between a therapist and the client in a therapeutic session such as with hypnosis. These data could support the idea of a specific role of oxytocin in the attachment system, while in parallel suggest that oxytocin may play a role in the hypnotic process. Finding that attachment mechanisms are dependent on oxytocin levels and that one can draw similar lines between an attachment relationship with a parent and a therapist, it is reasonable to assume that oxytocin levels can influence the capacity to respond to hypnosis.

INTEGRATING MINDREADING, OXYTOCIN AND MIRROR NEURONS

Our capacity to attribute mental states to others and ourselves, our theory of mind (Premack and Woodruff, 1978), has been studied in relation to oxytocin and the mirror neuron system. In the mindreading test, Reading the Mind in the Eyes Test, oxytocin improves mentalization skills (Domes, Heinrichs, Michel, Berger & Herpertz, 2007) and mirror neurons have been suggested to be the underlying mechanism explaining how we reason about the minds of others (Gallese & Goldman, 1998). The mirror neuron system was originally discovered in the brain of macaque monkeys (Rizzolatti,

Fadiga, Gallese & Fogassi, 1996), being a class of neurons that activates automatically when someone is performing a goal-directed action and thereby enables us to simulate what is observed (Gallese, Keysers & Rizzolatti, 2004) and in this way being of importance to social cognition. Oxytocin has been shown to mediate similar social perception patterns and behaviors, for instance by increasing empathic feelings (Bartz et al., 2010) and social cognition (Hollander et al., 2007). Perry et al. (2010) suggested a link between oxytocin and the mirror neurons system, finding that intranasal oxytocin administration increased human mu suppression, which is indicative of mirror neuron activity, while perceiving social gestures. Furthermore, the hypothetical link between oxytocin and mirror neurons can be extended to try to understand the hypnotic phenomena. There has been found increased activation in brain areas related to mirror neurons activity under hypnotic suggestion (Burgmer et al., 2011), and Bryant's studies suggest oxytocin can increase hypnotic suggestibility. Although concise empirical evidence of the relation between these phenomena does not yet exist, there is a possibility that oxytocin and mirror neurons both are conditions needed to reach a hypnotic state.

SUMMARIZING THE EMPIRICAL RESEARCH

As of this date, there are relatively few studies examining the direct effects of oxytocin levels and hypnotizability. However, keeping in mind that the concepts of oxytocin, hypnosis, attachment, mirror neurons and theory of mind, can be combined in various ways to show possible connections, provides a framework for further research on the association between oxytocin and hypnotizability. Drawing upon the research presented, it would be of interest to find generalizable results on whether it is possible to enhance the production of oxytocin by hypnosis, rather than the other way around as with Bryant's studies, where he proved that elevated levels of oxytocin increases the capability of being hypnotized. Such results could prove to be important for various psychopathologies which have been found to be highly reliant on oxytocin levels, for instance autism (Hollander et al., 2007). There surely is reasonable evidence to believe that oxytocin is more than a bonding hormone; it may be a chemical anchor which can be applied to the relation between hypnosis and oxytocin.

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Bit of Fun After Work



private dinner with board members
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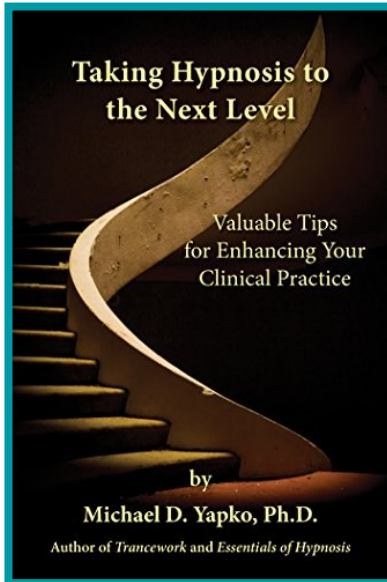


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The Red Banner of International Congresses



Book Review



Taking Hypnosis to the Next Level: Valuable Tips for Enhancing Your Clinical Practice by Michael Yapko (216 pages. Kindle Edition. Perfect Paperback. Yapko Publications. P.O. Box 487. Fallbrook, CA 92088-0487)

As pointed out the intention of this book is to give tips for enhancing practitioners' use of hypnosis. The book

opens with an introduction and Part 1, "Thinking clearly about hypnosis". In Part 2 you find tips for "Establishing a therapeutic framework", Part 3 deals with tips for "Designing hypnosis sessions", and Part 4 ideas for "Delivering hypnosis sessions". Each part gives an overview of the tips, followed by in depth information and an illustration of each tip.

The book is not a 'how to do hypnosis' book, but rather about 'how to do hypnosis better' and indeed you find valuable tips to improve or fine-tune your hypnosis sessions matching the author's objective to "blend the science of hypnosis with the art of hypnosis (p. 14)."

Part one lists 24 foundational concepts (FC) about hypnosis, e.g., the place in treatment, experiential aspects, structure and goal-orientation of sessions, individual differences and responses. The way these are stated invites you to reflect and review your views and knowledge and makes you aware of questions and topics that can be emphasized when you deliver trainings and supervisions. The FC's could be used as questions to invite students to reflect on some issues or topics.

In Part 2 there are 17 tips for establishing a therapeutic framework, where rather basic tips and guidelines such as psycho-education, previous experiences, suitable furniture, etc, that all hypnosis practitioners should know, are summed up and explained. Data from the research of cognitive neuroscientists prompt one to question the old trusting the unconscious view and "see suggestions

as having priming characteristics that may influence unconscious processes (p.92)."

Part 3 gives you tips #18-41 for Designing Hypnosis Sessions. In reading these tips, you realize the importance of reflecting on and preparing sessions to maximize the efficiency of your approach. Developing a view on how to make problems solvable, what to focus on to amplify and why, and the specificity of hypnosis in identifying hypnotic phenomena in client's symptoms as building blocks to inform/ design the hypnotic treatment plan are clearly described. Tip # 26 is perhaps one of the most valuable often overlooked: structure sessions to progress from general to specific, from impersonal examples about change as inevitable, to more specific, changes all people go through, to finally more specific and personal about the client's successful changes and resources, to now and a new phase of life with new goals. Accepting and utilizing the fluctuation in involvement and building an increasing level of responsiveness is another example of properly designed hypnosis sessions.

Part 4 gives tips #42-66 for Delivering Hypnosis Sessions, giving some particulars on choice of words, style, tone of voice and interaction, timing. You will find more details about the role and skills of the therapist, which can be used to improve your own work and also as valuable points of interest, with which to familiarize your trainees. Tip #58 tells you to be prepared, and what to do if people get emotional during hypnosis.

The book excels in a clear style, logical structure, knowing what you do and doing what you know, making the art of hypnosis into something more tangible instead of a free floating approach without structure or content. In that respect I can highly recommend it for intermediate/advanced hypnosis practitioners and for professionals doing training and supervision in hypnosis. Reading the book, all the information looks familiar for seasoned practitioners, and nevertheless it is very useful to pay attention to the different tips that are summed up in a clear way. Some tips could be re-organized under other topics like #33 #34 #39 #40 (trauma)/ #30 #31 to part 2.

The digital version of the book is easy to read with the playbook app, allowing note taking, text highlighting, having it read aloud simultaneously or listening to it as an audio book. The concise book offers plenty of knowledge in a nutshell. It is easy to read and digest, and particularly useful for people with difficulties staying focused on long or detailed textbooks.

Reviewed by
Nicole Ruysschaert MD

Findings of Note



Prominent Papers in Clinical and Research Hypnosis

A review by Fanni
Sára Pusztai
(Hungary)
fannisarapusztai@gmail.com

The “Findings of Note” section serves as a review of cur-

rent hypnosis literature published not in the hypnosis journals but in the wider scientific – medical and psychological – area. In this section I attempt to provide an insight into a wide range of practical applications and theoretical developments in the field of hypnosis.

For this review I chose four articles from very different areas of applied science that again demonstrate the versatility of hypnosis. The first study examined the effectiveness of hypnosis in awake brain surgery; the second article reviewed some practical guidelines of using hypnosis in pediatric care. Although certainly different areas of medicine, what connects these two articles are that they were both written by medical doctors who emphasize the importance of cooperation and active participation of their patients in their respective practices. It is always a great pleasure to read that this approach is not just a textbook ideal in contrast to the classic view that places patients in a passive, “subordinate” role whose main function in the process is only to do what is told.

The third article takes a look at a common problem occurring in industrialized countries, namely that of sleep disturbances and a possible solution: daytime napping in the workplace. The aim of the authors was to experimentally show that relaxation and hypnosis techniques are effective in enhancing nap quality and time, and therefore helpful in eliminating fatigue and facilitating cognitive performance. Workplace napping is an ever more common phenomenon and an increasing number of companies (such as Google and Uber) enable and encourage their workers to sleep at work. Although questions arise regarding this practice, such as whether it is aimed at optimizing productivity in order to fit the escalating demands of modern life, thus mixing up

biological and social time (Williams et al., 2013); however, it remains true that insomnia and insufficient sleep are serious and widespread problems, and finding solutions that are accessible can better the everyday lives of many.

The last article in the current review is a case study that shows how hypnosis can alleviate behavioral, physiological and psychological stress symptoms during pregnancy. Even though programs targeting perinatal stress exist, and hypnosis is known to be efficient for reducing anxiety, according to the authors only a few studies exist that experimentally studied hypnosis as stress relief during pregnancy. Therefore, they aimed to present this case as grounds for further research with larger sample sizes.

- Williams, S. J., Coveney, C. M., & Gabe, J. (2013). Medicalisation or customisation? Sleep, enterprise and enhancement in the 24/7 society-society. *Social Science & Medicine*, 79, 40-47.

ZEMMOURA, I., FOURNIER, E., EL-HAGE, W., JOLLY, V., DESTRIEUX, C., & VELUT, S. (2015). HYPNOSIS FOR AWAKE SURGERY OF LOW-GRADE GLIOMAS: DESCRIPTION OF THE METHOD AND PSYCHOLOGICAL ASSESSMENT. *NEUROSURGERY*, 78(1), 53-61.

The objective of this study was to assess the effectiveness of hypnosedation during awake surgery for low-grade gliomas, a type of tumor occurring in the brain. Low-grade gliomas (LGGs) are “characterized by an infiltrative growth pattern and progressive transformation to a higher grade of malignancy” (p. 53), and maximal resection through surgery has been advised as first-line treatment in cases where this is safely possible (Wijnenga et al., 2017). Intraoperative electric stimulation after craniotomy is regarded as a reliable method to target affected areas while preserving the functional integrity of surrounding brain structures. In the standard procedure, called asleep-awake-asleep (AAA) procedure, the patient is asleep during the surgical opening and closure phases and awake during the resection phase when cooperation of the patient is required to successfully monitor cognitive functioning. The AAA setting thus allows the patient to sleep through the most uncomfortable parts of the surgery; however, the need for sedation in this procedure entails anesthetic contraindications. Two such concerns are mentioned in the article: airway management in a lateral position and the time needed for awakening, usually 10-20 minutes before the person is fully cooperative; though this waking period can sometimes last up to 40 minutes. These issues are amplified in cases of high-grade gliomas and/or older patients.

To overcome these contraindications, the authors encourage the use of awake surgery, and their aim is to establish a method by which the discomfort associated with awake surgery (that is the opening and closure phases) can be eliminated. They utilized hypnosis to reach this goal and measured aspects of the subjective experience of patients regarding the procedure, such as the amount of perceived stress, traumatization and the experience of hypnosis itself. This is interesting because similar studies usually highlighted the benefits that hypnosis can achieve in brain surgery from a more medically and financially relevant point of view (for example less medication needed, less time spent in hospital, etc.). Of course, every author emphasizes the patients' perception and emotions regarding the process as well; however, this study is somewhat different in that it solely wished to examine the patients' experiences. According to their results, hypnosis did in fact turn out to be an effective method to ease discomfort in brain tumor resection, while allowing the patient to stay awake and responsive to the medical team which is imperative for assessing cognitive functions throughout the surgery. Thirty-seven (37) patients took part in the study; eight patients reached a pathological score on the stress scale and one case showed significant symptoms of trauma. It is interesting that when asked which part of the procedure was most unpleasant, the patients mentioned local anesthesia of the scalp (the most painful step) least frequently (4%), possibly indicating that hypnosis was especially successful in pain management. The most unpleasant part was reportedly the burr hole (36%) procedure, when a small hole is made in the skull with a surgical drill. This is accompanied by noise and vibration; it is unclear whether in this study these sensations were directly targeted by suggestions during hypnosis. Other studies that utilized hypnosis during awake craniotomy describe reframing disturbing noises (Hansen et al., 2013) as well. However, most subjects had a positive overall experience of surgery and hypnosis: for example, 86% said they would agree to hypnosis again if they had to undergo awake surgery again; when asked to describe the experience, 66% used positive words, 26% neutral words, and only 8% used negative words. The authors conclude that even though awake surgery with hypnosedation is not superior to the AAA procedure, it is a reasonable alternative in cases where risks of the AAA method are considered high.

- Hansen, E., Seemann, M., Zech, N., Doenitz, C., Luerding, R., & Brawanski, A. (2013). Awake craniotomies without any sedation: the awake-awake-awake technique. *Acta neurochirurgica*, 155(8), 1417-1424.
- Wijnenga, M. M., French, P. J., Dubbink, H. J.,

Dinjens, W. N., Atmodimedjo, P. N., Kros, J. M., ... & Fleischeuer, R. (2017). The impact of surgery in molecularly defined low-grade glioma: an integrated clinical, radiological, and molecular analysis. *Neuro-oncology*, 20(1), 103-112.

PENDERGRAST, R. A. (2017). INCORPORATING HYPNOSIS INTO PEDIATRIC CLINICAL ENCOUNTERS. *CHILDREN*, 4(3), 18.

Pendergrast's article is an easy-to-read practical guide for health care professionals that work with children and have received training in hypnosis. He does not wish these guidelines to replace a full training, rather his aim is to show a few specific applications of given techniques to those who might be wondering how exactly to incorporate them into daily practice. He also wishes to demonstrate the use of such techniques to those professionals who are thinking of referring given cases to a clinician trained in hypnosis. As such, it can be a remarkably useful article for pediatricians who are beginners in the field of hypnosis, or professionals untrained in hypnosis who are interested in the topic.

One of the most important reoccurring themes in the article is the spontaneous trance state or spontaneous self-hypnosis skills of children. It has been thoroughly described how medical settings in general make a person more susceptible to suggestions, bringing about an altered state of consciousness or trance state without a formal induction (see in more detail: Varga, 2013). Pendergrast underlines novelty as a main factor for the naturally occurring trance state that often happens in everyday clinical settings. He suggests that a clinician first observes the ways this natural trance state emerges in children during the clinical encounter; for example, in the form of imaginative language and play, intense focus on an activity or on a sensation such as pain, or daydreaming. Awareness of this phenomenon is important, because such a state fosters an altered perception of the world, where suggestions are interpreted literally; they are also accepted as true and acted upon without questioning. Therefore, it is the responsibility of the professional to think of her words carefully and avoid unintentional suggestions. It also opens up a world of possibilities however, in which the clinician can use this enhanced susceptibility to build in hypnotic language in the course of the whole appointment. This allows positive suggestions to be utilized outside of formal hypnosis in facilitating the well-being of the child by building positive expectancy. For example, "I don't really know just what it will feel like for you, but I do know that you may be surprised at how little it will have to bother you (...) while the nurse takes good care of that arm over there" (p. 4). Using

“bother” instead of “hurt”, and “discomfort” instead of “pain” are good examples of avoiding unintentional negative suggestions.

The author gives examples of the use of hypnotic language in different pediatric settings such as primary care, acute care and in hypnotherapy itself. He emphasizes that even the history taking process should be more like a conversation that allows children to reframe their experiences and enhance their self-awareness, using open-ended questions and reflective listening instead of a question-answer checklist. Moreover, the clinician has the opportunity to reinforce the child’s growing developmental competence (e.g.: “Look how well you climbed onto the exam table by yourself!” p. 4), and apply purposeful suggestions that are specific to the given developmental stage of the child. During hypnotherapy consultation, he suggests first finding out what resources the child has, what it is that he or she does well or with pleasure. This process involves listening to what and how the child is saying, noticing signs of trance and reflecting that back to the child (e.g.: “Can we talk about that time when you felt really worried but didn’t throw up/have a headache/etc?” or “How do YOU think is the best way to learn that?” p. 6).

The author also advises that the clinician addresses primarily the child during consultations. The parents’ input is also important and needs to be heard, but by a child-centric approach the clinician implies that the child herself can be effective and make changes in her own issues, while building trust and curiosity in the child as well. This can be a basis for facilitating the child’s self-awareness and self-regulation.

Besides the demonstrative examples of the use of hypnosis and hypnotic language in pediatrics, this article is a great example itself of the approach to health care in which the patient is seen as an active, equal agent. The following quote could and should be exemplary to most medical settings (regardless of specialty or problem): “(...) the clinician’s behavior toward the patient is that of leading with permission. Leading implies that one has a skill set to use in order to show the patient in a collaborative way how they can get to their goals. (...) Equally important, it is the clinician’s job to recognize that all of this happens only if the patient wants it to happen.” (p. 7)

- Varga, K. (2013). Suggestive techniques connected to medical interventions. *Interventional Medicine and Applied Science*, 5(3), 95-100.

DEBELLEMANIERE, E., GOMEZ-MERINO, D., ERBLANG, M., DOREY, R., GENOT, M., PERREAUT-PIERRE, E., PISANI, A., ROCCO, L., SAUVET, F., LÉGER, D., CHENNAOUI, M. & RABAT, A. (2018). USING RELAXATION TECHNIQUES TO IMPROVE SLEEP DURING NAPS. *INDUSTRIAL HEALTH*, 2017-0092.

The authors of the current article aimed to find out whether relaxation techniques involving hypnosis can help improve sleep quality and duration in daytime naps. They argue that insufficient sleep has been shown to be a common problem in professionally active populations. Sleep debt can lead to serious consequences like fatigue, mood disorders, cognitive deficits and various physical problems as well (including hypertension, cardiovascular diseases, etc.). Moreover, sleep deprivation is a relevant clinical marker for occupational burnout. The article also reports that napping has been found to be useful in counterbalancing the effects of sleep deprivation as well as in sustaining alertness; after 30 minutes of daytime naps, for example, self-confidence in task performance, alertness and cognitive performance were all higher. It seems then that even short daytime naps could be beneficial for professionals who otherwise have insufficient sleep. Unfortunately, workplace settings and the emotional state of workers are usually not favorable for napping. Because both relaxation techniques and hypnosis have been found to improve sleep efficiency, the current study tries to find out if a specific relaxation technique involving hypnosis might be able to facilitate napping in an environmental setting, thus promoting better cognitive performance and mental and physical health as well.

The subjects in this study took 30-minute-long daytime naps three times a week, in a non-optimal environment for sleeping (in a collective room under natural daylight). According to the results, sleep duration and architecture can in fact be optimized by relaxation involving hypnosis in an occupational setting. There was significant increase in the total sleep duration, mostly due to increase in N2 sleep (as compared to REM, N1 and N3 sleep¹). This result is especially promising since N2 sleep is related to the restorative function of sleep, so that studies showed that even 3 minutes of N2 leads to enhanced performance and alertness after a night of restricted sleep.

¹ The terms “N1”, “N2”, and “N3” sleep come from the American Academy of Sleep Medicine, who revised the original classification of sleep stages, previously known as stages S1-S4. N1 stage corresponds to sleep onset; N2 stage is present when K complexes and sleep spindles appear; N3 stage corresponds to slow wave sleep. REM stage remained as in the previous categorization, named after the most defining characteristic of this phase, the rapid eye movements. (Silber et al., 2007)

As the authors note, it is unclear if either relaxation or hypnosis itself could have achieved the same results, since this study utilized the combination of both. Regarding the generalizability of the results, in this procedure an instructor was present to guide subjects. It would be interesting to (experimentally) show if the same results can be reached with self-guided relaxation/hypnosis, which would make such practices much more widely accessible.

LEGRAND, F., GRÉVIN-LAROCHE, C., JOSSE, E., POLIDORI, G., QUINART, H., & TAÏAR, R. (2017). EFFECTS OF HYPNOSIS DURING PREGNANCY: A PSYCHOPHYSIOLOGICAL STUDY ON MATERNAL STRESS. *MEDICAL HYPOTHESES*, 102, 123-127.

The authors of this study set out to uncover the effectiveness of hypnosis in perinatal care. More specifically they measured the effects of a 7-day-long hypnosis intervention on some of the subjective, behavioral and physiological aspects of stress in a pregnant woman. While keeping in mind the limitations of a single-subject design, the authors emphasize the relevance of anxiety and stress reduction in pregnancy and the relative lack of studies investigating hypnosis in this regard; therefore, they propose that their case study is only an initial, yet encouraging step towards this goal.

Intense and prolonged stress during pregnancy can have considerably harmful effects both for the newborn (for example worsen mental and psychomotor development) and for the mother (for example higher rates of postpartum depression). Pharmacological treatment of stress related issues in this period is restricted however, for benzodiazepines can cross the placenta and harm the fetus. Psychological interventions serve therefore as first-line therapy for such problems, several of which have already been studied and proven to be effective, such as different relaxation techniques. Current study examined several dimensions of stress before, during and after a hypnosis intervention; it measured subjective experiences (self-reported anxiety), behavioral responses (uterine contractions) and physiological changes (maternal and fetal heart rate) in a pregnant woman at 31-weeks' gestation. The hypnotic intervention lasted for a week, constituting of 50-minute-long daily sessions of hypnosis. The sessions increasingly included more pregnancy-related suggestions, so that the first two sessions consisted more of external suggestions through imagery (for example relating personal strength to an oak tree), while latter sessions focused on goal attainment (for example imagining the future self as a happy parent) and relaxing landscapes for calmness and harmony. According to the results, during the hypnosis phase of the study beneficial changes could be seen in all

measured dimensions of stress. Uterine contractions were lower in intensity (stress is associated with increased uterine contractions). Maternal systolic blood pressure (SBP), too, was lower (decreased SBP is associated with lower stress in women in general). Self-reported anxiety also demonstrated a reduction in stress levels during the intervention.

According to the authors this case study shows that hypnosis could be effective in reducing symptoms of anxiety in women during pregnancy and as such provides reason for future wider-scale research. Such data would be beneficial in helping professionals who work with pregnant women and who otherwise are skeptical about psychological interventions accept and maybe even utilize hypnosis.

- Silber, M. H., Ancoli-Israel, S., Bonnet, M. H., Chokroverty, S., Grigg-Damberger, M. M., Hirshkowitz, M., Kapen, S., Keenan, S. A., Kryger, M. H., Penzel, T., Iber, C. & Pressman, M. R. (2007). The visual scoring of sleep in adults. *Journal of Clinical Sleep Medicine*, 3(02), 22-22.

Youth Committee



Sadaf Seddigh

Sadaf Seddigh is a senior in dentistry in Mashhad, a member of the Dental School Research Committee.

She first found out about hypnosis last year when a friend was working on wisdom tooth surgery with hypnosis instead of local anesthesia for her thesis.

Then she met Dr. Shahidi, Dr. Trenkle and Dr. Virof and other eminent figures of hypnosis at the first world congress of hypnosis in Mashhad, held by Dr. Fathi where she was an English executive member for hosting and the leader of translation groups.

It was her first experience of being hypnotized so it was a great inspiration for her to learn hypnosis and to try to introduce it to other dental and medical students.

She then joined some small hypnosis groups in order to have more experience. She was recently hosting another international congress on mental training and neurobehavioral sciences in Mashhad.

Although she was hoping to do practical hypnosis, it has not been possible yet to work on real dental patients in university clinics due to some conditions. She is now a member of the ISH Youth Committee and is planning to organize a team of dental and medical students in Mashhad to develop hypnosis and acquaint students with hypnosis and hypnotherapy in different fields.

She will graduate in June 2018 from Mashhad University of

Medical Sciences and she believes it will be more feasible to practice hypnosis after graduation.

Her primary objective is to introduce hypnosis to healthcare students so that they can benefit from it in their profession.

She is greatly enthusiastic about progressing in hypnosis practice and its use in dentistry. She is optimistic about the future of hypnosis and coalescing it with technology.



Sadaf Seddigh, hosting in the first international congress of mental training and neurobehavioral sciences Mashhad, 2017





Stephane Radoykov

Stephane Radoykov is a medical resident in psychiatry in France.

He studies at the Paris Descartes University.

Stephane also graduated from ESSEC Business School with a Master in Management.

His main goal is that the current generation of future healthcare professionals, in twenty years from now, will have a better understanding of the appropriate medical use of hypnosis.

To respect ethical guidelines and be as distant as possible with entertainment hypnosis, he agrees with one of his teachers' latest idea: consider changing the use of the name "hypnosis" for "Consciousness Activation Techniques".

Stephane is also passionate about technology, and has developed several websites and smartphone applications.

He is currently looking forward to engaging in more teaching activities.

In 2013, after his first training in hypnosis with the American Society of Clinical Hypnosis, Stephane created Hypnocrate, the first French non-profit association which goal is to promote the medical use of hypnosis among healthcare students.

Since then, he and his colleagues organized many workshops in order to spread awareness about the modern and medically serious use of hypnosis.

He organized a free conference in a teaching hospital with 300 people attending, mainly students, at which seven famous international speakers benevolently came to teach.





GAO Jun PhD

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GAO Jun, PhD is currently an associate professor in the Department of Psychology, School of Social Development and Social Policy at Fudan University and a licensed psychological counselor of the Chinese Psychological Society (2015-2017, NO. X-12-007).

She received her bachelor's degree in psychology from the Department of Psychology, Peking University in 2005 and received her PhD degree in clinical psychology from the Department of Psychology, Peking University in 2010.

She has published 40 papers in peer-reviewed domestic and international journals, including one review paper about research on hypnosis in China. She authored one book, co-authored 2 book chapters, translated 8 books in the field of psychology, including Dr. Yapko's famous textbook on clinical hypnosis, Trancework.

She is a member of several professional societies home and abroad, including the International Society of Hypnosis, Chinese Psychological Society, Chinese Mental Health Association and American Psychological Association.

Her first encounter of hypnosis dated back to 2009, when she became a translator for the 2nd Sino-German Continuous Training Program on Hypnotherapy, invited by Dr. Fang Xin, now the president of Chinese Hypnosis Academy and the founding person of modern hypnosis in China. She

also met Dr. Bernhard Trenkle, the chief designer and teacher of this training program, as the only qualified training program on clinical hypnosis.

Inspired by both Dr. Fang Xin and Dr. Bernhard Trenkle, she participated in the 3rd Sino-German Continuous Training Program on Hypnotherapy and has integrated hypnosis into her clinical practice since then.

Meanwhile, she has served as the translator for this training program since 2009, and a member of the committee of Chinese hypnosis group of CMHA since 2014. At the first Chinese Congress of Clinical Hypnosis, which just ended on July 25th, 2017, she served as the vice-president of the academic committee as well as the leader of the translators' group for the congress.

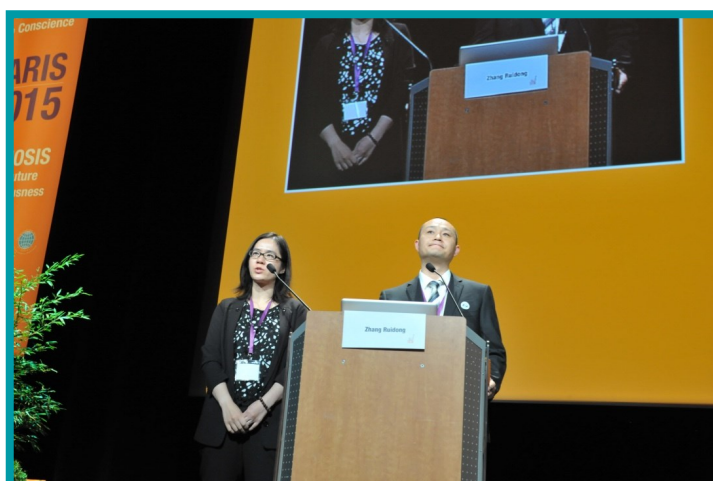
Almost all the board members of ISH attended the congress to give academic presentations and workshops. It clearly marked a new stage in the development of clinical hypnosis in China.

As a clinical psychologist and practitioner, her major research interests include:

- the experience of self-conscious emotions and the related self-evaluative cognitive process;
- emotion regulation of emotions and its implications in mental health;
- empathy and its applications in professional helpers;
- clinical efficacy and professional ethnics in hypnosis.

She now lives in Shanghai, with her husband and three cats. Her personal hobbies include cooking, writing and reading poetry, and music (cello is her favorite instrument).

Gao Jun served as a translator for Mr. Zhang Ruidong, who gave a presentation on the International Congress of Hypnosis, Paris, 2015.





Daniel Bass

Daniel Bass is a resident in Germany and works at a psychiatric institution.

He has studied psychology from 1998 to 2006 at the University of Konstanz/ Germany.

During his studies he successfully completed a 6 months internship at the Milton Erickson

Institute in Rottweil with Dipl.Psych. Bernhard Trenkle, where he first came in touch with hypnosis and hypnotherapy.

Throughout the years until the end of his studies at the university he continued training in hypnosis.

After finishing his studies, he moved to Rottweil in 2006 and began working at the psychological practice of Bernhard Trenkle treating patients with hypnosis.

Furthermore, he engaged in organizing workshops at the Milton Erickson Institute in Rottweil as well as at national and international congresses mainly on the topic of hypnosis.

The conferences were attended by 1000-1900 experts and focused on different areas of psychotherapy and hypnosis which spanned from "Hypnotherapy with Children and Adults" to "Trauma therapy and Parts Therapy " to "Mental training and hypnosis in rehabilitation, sport psychology, self-hypnosis, coaching".

Additionally, he worked at the organizing team of the International Hypnosis Conference of the ISH in Bremen/Germany 2012.

The goal of those national and international conferences was and is to spread awareness and knowledge about modern hypnosis in different fields of psychotherapy and to nurture the serious image of clinical hypnosis among psychotherapy experts as well as the public.

At all conferences an important factor is the field of public relations where we try to promote the seriousness and modern scientific approach of hypnosis in the media.

Additionally, Daniel and a team of psychologists in Rottweil were trained in professional interviewing techniques to assess professional videos of experts commenting on different topics of hypnosis, hypnotherapy and psychotherapy (youtube: meg-rottweil).

Daniel's personal interest within psychotherapy focuses on the use of movies within therapy. He is passionate about singing and playing guitar.



Daniel and Bernhard singing and playing on a social event when 31 Chinese colleagues visited Milton Erickson Institute in Rottweil in 2015, just days before Paris Congress (In background: Albrecht Schmierer, Ting Wang)



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News

MESSAGE FROM THE ORGANIZING COMMITTEE OF THE ISH XXI WORLD CONGRESS OF MEDICAL AND CLINICAL HYPNOSIS

First of all, we would like to thank all those that have submitted their work to the Congress for their contributions. It has not been a simple task to construct a program from the great number of contributions, but we are proud to announce that the detailed program is now available online at www.hypnosis2018.com. You can view the program in grid form or in chronological order with access to the session descriptions.

With 20 parallel sessions occurring in 9 different timeslots, the program promises to feature content for everyone.

We have structured the program into the following topics to make it easier for all participants to select which session to attend. Workshops have been structured into the following categories:

- Training & Education in Hypnosis
- Specialized Techniques in Hypnosis
- Integrative Intervention Models in Hypnosis
- Specialized Intervention Models in Hypnosis
- Use of Hypnotic Techniques for Health Problems
- Concrete Use of Hypnosis in Medicine and Dentistry

The congress program at guide.hypnosis2018.com also indicates the type of workshop: practical, demonstration or video.

The Congress will also feature a great variety of symposia on the following topics:

- Improving credibility in hypnosis research - Panel Discussion
- History and theories of hypnosis
- Training the healthcare system
- Interindividual differences in the science of hypnosis
- Hypnosis and therapy
- Implementing hypnosis in the healthcare system
- Hypnosis and consciousness research
- Eastern healing and hypnosis
- Hypnosis in the context of surgery
- Neuro)physiology of hypnosis
- Hypnosis in the context of oncology
- Hypnosis and reproductive health
- Hypnosis and cognition

- Hypnosis and child birth
- Social dimensions of hypnosis
- Hypnosis and suggestion in different medical contexts
- Hypnosis in pediatric contexts
- Hypnosis and pain
- Hypnosis and clinical psychology
- Hypnosis and dentistry
- Hypnosis and therapy
- Hypnosis and surgery
- Hypnosis and suggestion in different medical contexts

A few weeks prior to the congress, we will launch all features of the web app at guide.hypnosis2018.com which will include the opportunity to build and save your own agenda.

We are also pleased to announce two outstanding pre-congress workshops. Jeffrey Zeig will hold a workshop on *Advanced techniques of hypnosis and therapies* and Michael Yapko will present on *Bad decisions make people's lives worse: using hypnosis to address cognitive style and improve decision making processes*.

These workshops will take place on August 21 and 22 respectively.

We encourage you to reserve your ticket early as seating is limited and the first half of the tickets have already been sold.

We look forward to welcoming you to Montreal! Don't keep this congress a secret!

Share it with your colleagues.

The more professionals we can bring to this congress, the bigger the overall outcome and impact of the congress on our community will be.

With our best regards from Montréal,
The Organizing Committee



NEWS FROM MONTREAL

Spring is upon us and after a successful conference held in Montreal in November 2017, we continue the effort for the improvement of clinical efficiency and ability. In that humble spirit, the Société Québécoise d'hypnose (SQH) is committed to host the International Society of Hypnosis (ISH) Congress in Montreal. As you know, since we obtained endorsement by the ISH, the XXI World Congress of Medical and Clinical Hypnosis will be held in our city this summer, from August 22 to 25. We will need volunteers to ensure the smooth running of this event, which is being held for the first time in many years in North America. If you wish to help us, please let us know by contacting us at [in-fo@hypnosis2018.com](mailto:info@hypnosis2018.com). We proudly hope to see many of you at « our » International Congress in August 2018. As you may know, you can consult the detailed programme of this event at <http://guide.hypnosis2018.com/eng>

This Congress is re-energizing our members and has an indirect effect; the SQH board is reassessing its current training model. One option is to offer teaching classes in Quebec City to allow more people to have access to training. The other option, after the August conference, is to explore how the SQH can train broader categories of professionals with specialized hypnotic techniques adapted to the field of health, nursing, radiology, anesthetic technicians, etc.

PUBLICATIONS FROM SQH'S MEMBERS

The psychologist Rémi Côté collaborated with the **TranSES** Review, published by Dunod. This scientific journal has a wide distribution and is sent out to most academic institutions in France, Belgium, Switzerland and Canada. In his article, Dr. Côté presents his most recent discoveries in « epistemological archeology » about the founder of scientific hypnosis, Hénin de Cuvillers.

Note that the **TranSES** Review is a major partner of the next World Congress of Medical and Clinical Hypnosis to be held in Montreal in August 2018. We invite you to have a look and judge the editorial quality of this journal that publishes about 20 authors per issue and is a major player in scientific research in hypnosis.

<https://www.dunod.com/tranSES>

Michel Landry, psychologist, trainer and coordinator of the Scientific Committee of the Société québécoise d'hypnose contributed to an article published in the January 2018 issue of the journal "Annals of Palliative Medicine". In this article, **Hypnosis in**

palliative care: from clinical insights to the science of self-regulation, Michel and Mathieu Landry, Amir Raz and Moriah Stendel wrote about the place of hypnosis in the palliative care context.

Michel and his son Mathieu are also team teaching in an Open University, l'UPop Montréal. They will present a class that will be open to all, which will stimulate discussion and promote exchanges about hypnosis. They will explore and demystify the hypnotic phenomena.

<http://www.upopmontreal.com/hiver-printemps-2018/hypnose-mythes-et-realites-au-dela-du-folklore/>

We look forward to welcoming you to Montreal this summer!

Rémi Côté, VP Communications, Administrative Board of SQH

ALWAYS WANTED TO LEARN CLINICAL HYPNOSIS?

Now is YOUR chance - at the XXI World Congress of Medical and Clinical Hypnosis.

The International Society of Hypnosis (ISH) and The Quebec Society of Hypnosis (SQH) are offering a **20-hour introductory course** on August 21-22, 2018 at a very special rate.

An internationally acclaimed faculty of experts will teach this course which will finish with a training certificate, recognized by many professional organizations.

What is more is that you get to follow-up this introductory course with any of the World Congress sessions of your choice which makes this a 2-for-1 deal!

YOU GET THE INTRODUCTION TO HYPNOSIS COURSE (Aug 21-22) + THE WORLD CONGRESS (Aug 23-25) at the discounted rate of \$1,050 CAD.

This course will be a great way to enhance your therapeutic repertoire with your patients by learning how to integrate clinical hypnosis into your work.

We hope you will take this opportunity and join us!

[Julie H. Linden, PhD](#) & [Leora Kuttner, PhD](#)
Course Organizers

Hypnosis: New Generation (HNG)
New Trends in Research and Clinical Application
30 May – 1 June, 2019
Budapest, Hungary

1st Announcement

Hypnosis: new generation (H:NG) will be a special meeting where mostly young/the new generation of researchers and therapists in the fields of hypnosis, suggestions, and altered states of consciousness will present their findings.

Of course the more experienced colleagues are also welcome, being the mentors of new generation. The meeting is an engagement and a nurturing of our future.

PLANNED EVENTS:

- Lectures: Individual papers
- Symposia: Three presentations on the same topic
- Panel Discussions: Various topics
- Workshops: Special topics and techniques at both introductory and advanced levels
- Self-Experience Sessions: Can be a subject of hypnosis or suggestive methods
- Poster Sessions: Interactive poster sessions
- Conversation: Meeting an expert for free discussion
- Film Program: Various applications of hypnosis
- Word Café: Discuss some topics in small groups
- Science/Hypnotherapy Slam: Joyful and creative way of presenting scientific results or clinical experience
- Scientific/Clinical “Speed Dating”: what if you had five minutes to talk to Charcot, Hilgard or Erickson? Now you will have this possibility to talk with the leading experts for 5 full minutes!

ELIGIBILITY

- Any professional interested in/working with hypnosis or hypnotic (suggestive) communication: doctors, psychologists, dentists, midwives, nurses, assistants, students of these fields, etc. Anyone who is interested in hypnosis and wants to learn its professional application and recent research results.

AIM

- A conference for young/new generation of researchers and therapists in the fields of hypnosis, suggestions, and altered states of consciousness.



CITY

- Budapest

VENUE

- ELTE 1075 Budapest, Kazinczy u. 23-27.

ORGANIZER

- Convention Hungary

CO-CHAIRS

- Katalin Varga, Prof.
- János Gál, Prof.

DATE

2019 May 30 - June 1

CO-ORGANIZERS

- ELTE Affective Psychology
- Semmelweis Medical University - Anesthesiology and Intensive Care Clinic
- Hungarian Association of Hypnosis

NOMINAL CO-SPONSORS

- ISH
- ESH

LENGTH

- 2.5 days (Thurs, Fri, Sat)
- running 6-8 concurrent sessions daily

OFFICIAL LANGUAGE

- English, but we will run some sessions Hungarian

For more information please contact **Katalin Varga** directly at (varga.katalin@ppk.elte.hu).

The Stage Crew

Just like in other organizations, ISH has, standing behind those in the spotlight, many who are working almost unnoticed, “behind the scenes”. 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 ☺).



Mathieu Landry

Can you please introduce yourself, giving us the basic information about yourself?

I am a PhD student in neuroscience at McGill University in Montreal, Canada, where I work under the supervision

of Dr. Amir Raz. I am also an invited researcher at the Laboratoire de Science Cognitive et Psycholinguistique from École Normale Supérieure in Paris, France, where I work in collaboration with Drs. Jérôme Sackur and Vincent de Gardelle. I study the interface between cognition and consciousness using range of methods, including psychophysics, computational modeling, and neurophysiology.

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

I am part of the organizing and scientific committees for the upcoming ISH meeting in Montreal. I first became involved in this thrilling adventure over three years ago. Those of you who attended the 2015 meeting in Paris may have seen me at the booth for the Montreal meeting. Since then, I have been promoting the 2018 event on behalf of ISH and the Quebec Hypnosis Society across two continents, meeting many ISH members at different scientific venues along the way.

What is your current “job” / task here?

My role for the 2018 World Congress of Medical and Clinical Hypnosis mainly concerns the program of the event where I supervised the evaluation and selection process of proposals. From fundamental re-

search to clinical applications, we were fortunate to receive a great number of submissions spanning a wide range of topics. We managed to put together an amazing program based on the fine quality of proposals we received. There is something for everyone. I look forward to seeing you in Montreal next August.

When not for ISH: what is your professional work?

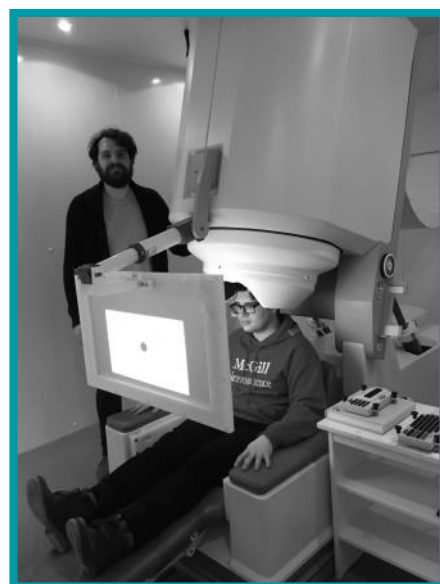
I am pursuing a PhD in neuroscience at the Montreal Neurological Institute where I study the relationship between mind and brain. The MNI provides me with state-of-the-art equipment for investigating how cognition shapes consciousness. I have spearheaded different neuroimaging projects using these fancy “toys”, including studies about the neural dynamics of hypnosis.

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

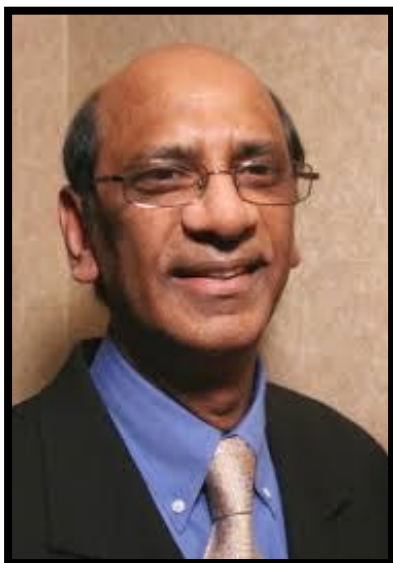
Like many of my colleagues, I have nerdy tendencies and enjoy reading about science, with a penchant for cognitive science, statistics, and advanced analytics. Moreover, international collaborations, conferences, and workshops afford me with amazing opportunities to travel the world, discover foreign cultures and new culinary delights, as well as meet incredible people. I also enjoy spending time with friends and family.

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

Though we are already well into the third decade of the brain, the general excitement for neuroscience is unwavering with developments like the White House Brain Initiative program or the European commission Human Brain Project. These are truly exiting times for neuroscientists like myself, as we attempt to better understand the working brain and uncover the biological basis of the human mind. I am simply thrilled to be part of this collective effort.



In Memoriam



In memory of Asсен Alladin by Enayat Shadidi

Imagine you are a hypnotherapist; you are an MD specialized in CBT; have recently read Dr. Alladin's "Cognitive Hypnotherapy"; and while you are considering translating the book, you visit Asсен Alladin!

It was what happened to me in Bremen, 2012.

In our very first visit, I informed him that I was thinking of translating his book; he strongly supported the idea, encouraged me and left a kind note on his book for the future translation. After our first visit, I was fortunate enough to be constantly in touch with him and learn a lot from him.

I think nobody expected the progression of his disease to be so fast! The news distributed by his daughter, Farrah Alladin, was short and shocking: "Dr. Alladin passed away this afternoon in the company of his wife and family."

The first image that came to my mind after this astonishing news was his kind look. I believe those who knew Asсен will never forget his friendly smile, as a particularly prominent characteristic of him.

I realize I was just one of the many people who have been touched by his personality, kindness, and wisdom. His precise perspective towards human cognition and emotions and his expertise in modifying them by well-designed hypnotic techniques equipped him with the right capabilities to integrate CBT and hypnosis in a meaningful and useful way.

Last year when I started translating his book, I informed Asсен and he said that he would write a special introduction for the Persian translation. We had also agreed upon inviting him to Iran both to deliver a cognitive hypnotherapy workshop and to

introduce the translation. The book is now ready to publish and the Iranian colleagues will soon benefit from his outstanding works in cognitive hypnotherapy but unfortunately, they will miss the author's physical presence and his special introduction!

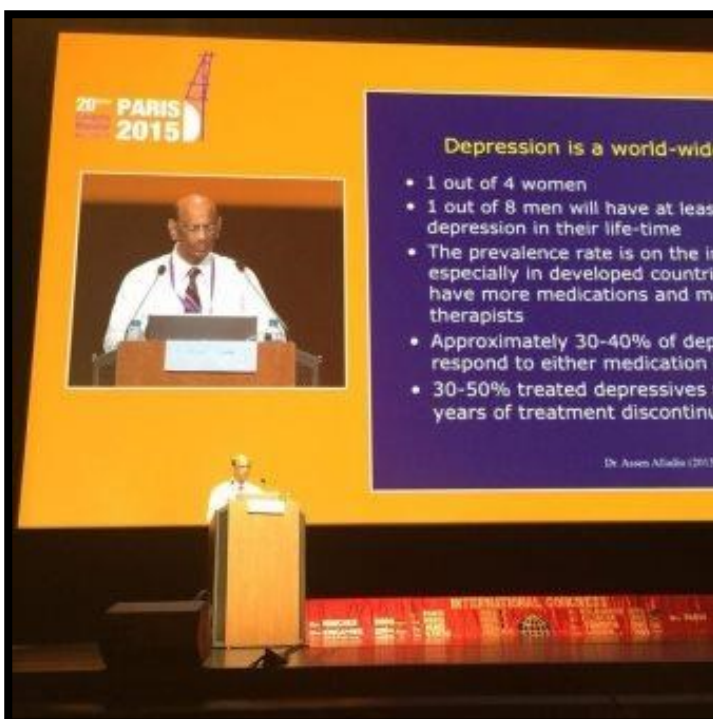
I believe he was a superb mentor and was always kind enough to reply to correspondence and cooperate scientifically.

Two years ago, one of my ex-students of hypnotherapy and a PhD student of psychology, Ms. Maryam Heidaryan, asked me to help her create a protocol for cognitive hypnotherapy on smoking, and to be her dissertation advisor. I accepted, prepared a preliminary protocol, and wrote to Asсен to request his help. He immediately answered and asked me to send him our protocol. He patiently studied it, made some little, though important, changes, and helped us to improve the protocol.

Thanks to Asсен's invaluable guides, Maryam has now presented her thesis and noted a special thanks to Prof. Asсен Alladin in the dissertation booklet as well.

We will never forget the outstanding positive influences he had on the happiness and health of people, directly and indirectly all around the world.

Rest In Peace.



INTERNATIONAL SOCIETY OF HYPNOSIS

Building Bridges of Understanding



Dear ISH Member,

It is time to vote!

The ISH Nominations & Elections Committee has prepared the election ballot for the 2018-2021 President-Elect and Secretary-Treasurer candidates. Please see our candidates and their statements for office.

You will need to log into www.ISHhypnosis.org to cast your vote.

The polls will be open for one month, from April 2, 2018 – May 2, 2018.

Review [candidate bios here](#).

Please make sure your Component Society's Representatives register for the COR meeting in Montreal!

ISH Council of Representatives meeting In Montreal August 23, 2018 Registration form

Name of the Society:

- ☐ I will participate in the ISH Council of Representatives meeting
- ☐ I will not participate in the ISH Council of Representatives meeting
- ☐ I will not be able to attend. I nominate a proxy who is also a member of my society and an individual member of ISH in good standing

Name of the proxy: Society:

COR Invitation

Dear ISH Council of Representative,

The 21st Triennial Congress in Montreal Canada is fast approaching. The program is completed, and the congress promises to be memorable. I am writing you to remind you that we very much want to see your Constituent Society represented at the congress, and in particular at the Council of Representative meeting. If you have not yet registered for the congress, please do so soon at Hypnosis2018.com.

The Council of Representative (COR) meeting will take place on Thursday August 23, from 17:30-19:00. We will let you know the room number closer to the congress.

During the COR meeting the elections for the additional at-large-members of the Board of Directors will take place. The agenda will also include a review of the past 3 years activities of the Board, of the COR, and a discussion about the way in which the COR nominates people for the BOD.

A friendly reminder, in order to vote you will need to have your individual membership dues paid and your Constituent Society will need to have its dues paid. If you have not yet paid your dues, please visit: <https://www.ishhypnosis.org/individual-membership-renewals/> Also, please update any necessary profile information, such as email or address.

If you are not attending the congress, you may appoint/elect a proxy. Please notify the ISH central office of the proxy's name and email, before the COR meeting: ishworldoffice@gmail.com.

The ISH is looking forward to welcoming you to Montreal where the Quebec Society of Hypnosis has organized a wonderful learning a networking experience for you.

Sincerely,

Giuseppe DeBenedittis, MD
President, ISH COR

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