



# The International Society of Hypnosis

## NEWSLETTER

*Building Bridges of Understanding*

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### Letter from the President



**June, 2018**

*Claude Virot MD*

President's Letter

Translator:  
Marion Orel

Hello to all,

I have had the honor of presiding over The International Society of Hypnosis since August 2015. Still, as I write this last edition in June 2018, I feel as

if I have just begun. Time passes very quickly while holding this position. Soon it will be Bernhard Trenkle who will be your President. The ISH will be in good hands! As for me, I will have the privilege of remaining as a member of the BOD but taking a step back to have more of an advisory role to the President and the BOD in more delicate or complex situations. I will also support the evolution of the project of earning recognition by the WHO and to work more directly with the Youth Committee.

The future board will be very strong and active. ISH has two newly elected board members who will accompany Bernard; Mark Jensen (USA) as President-Elect will hold the position of President in 3 years while Enayat Shahidi (Iran) will take the fundamental function of Secretary – Treasurer. The other officers will be elected at our general meeting in Montreal, but we are already seeing a nice structure emerging.

The primary vocation of the ISH is to create links between cultures, countries, and practitioners. This is the first objective of this quarterly newsletter. The ISH newsletter transmits to each member and each

society the essential life of the world of hypnosis. You are surely impressed - as I am - by the richness and quality of each of these newsletters. Kata Varga is to be congratulated for her considerable work over the years and we hope, she will continue this vital contribution.

All these forces must also be able to meet and communicate. The Paris Congress, the Montreal Congress and all those organized by the members of the BOD in Iran, Germany, Hungary, China or France... are very powerful moments of exchange and sharing.

This is also true for the video project we will be experimenting with in Montreal. This project was particularly close to my heart. During the congress in Paris, even if we were 2500 in attendance, I thought about all those who do not have the possibility to participate in our congresses for financial reasons. Today, we have all the technologies that allow us - at a lower cost - to share these essential moments remotely. We decided to do an experiment in Montreal. The main room will be filmed and the screening will be possible in 6 countries selected for their low incomes: Mexico and Brazil, China and Iran, Hungary and Poland. We have a member company in each of these countries that will handle live or deferred broadcasting with the support of the Youth Committee. That will allow hundreds or thousands of practitioners to see and listen to all the lectures and presentations given in this room and to be - at a distance - participating with those on site in Montreal. This experiment will give us many indications to improve the 2021 congress.

To respect our global reach, we must also make further efforts in the field of languages. This objective is partly achieved in the congresses and in this newsletter. The BOD has also recently decided to translate as many pages of the website as possible into many languages using automatic translation systems. Even if these translations will sometimes remain imperfect, it is a big step to know that in China, Iran, Sweden or Russia..., everyone

can connect to the International Society of Hypnosis and through this intermediary be connected to practitioners around the world. Everything we do today is oriented towards the future, so that our hypnotic knowledge and techniques will relieve more and more suffering, and so that the future will be better for the generations that follow us.

This is why I wanted to create a "Youth Committee" within the ISH of young health professionals. Today they are 5 members and they come from China (Gallant Gao), Iran (Saddaf Seddhig), Morocco (Noufissa Ouazzani), Germany (Daniel Bass) and France (Stéphane Radoykov, Chairman). Their active role in 2018 is to participate in the success of the video experiment. But the most important thing is that they learn quickly about the evolution of hypnosis throughout the world, that they identify its strengths and weaknesses and prepare the necessary orientations for the next 30 or 50 years. I would particularly like to thank them for their human and professional commitment.

In many countries, there are also high-quality national journals. We are starting to create an international network to better disseminate knowledge and information from all these countries. The first issues bearing the ISH logo should be published before the end of 2018. This network will ideally complement our newsletter and allow us to make ISH better known in each country while strengthening the legitimacy of each of these journals. In a second phase, these journals could have greater influence by publishing scientific articles selected by a reading committee from their own country. The aim is to stimulate research in each country by expanding publication opportunities.

Each of these actions contributes in its own way to the major objective of recognition of hypnosis by the World Health Organisation (WHO). It will certainly take a few more years, beyond Bernhard's presidency. It will be essential that the new office continue this work supporting Giuseppe de Benedittis and Nicole Ruyschaert currently the main leaders of this working group. One of the next objectives is to bring the ideas and resources of the ISH closer to those of the European Society of Hypnosis which is also engaged in this process of recognition. It is very important and very stimulating to allow our two companies to work on a common project. Working together will also promote achievements more effectively and quickly.

In a few weeks we will meet in Montreal, a city that perfectly illustrates the mix of cultures and traditions. We already know that there will be nearly

60 nations represented, 5 or 6 more than in Paris. The arrival of colleagues from new nations is very important. Every practitioner in his country is like a seed with the potential to see a beautiful flowering plant, a tree or a forest emerge. And allowing each participant to go back in his country with seeds coming from elsewhere through conferences, workshops, debates, is one of the great joys of each of our world congresses.

Thanks to Mark Jensen and Giuseppe de Bendittis, ISH has been actively involved in scientific research processes since the Paris Congress. We are once again organizing a day completely oriented towards the future of hypnosis research. A group of experimental researchers and a group of clinical researchers from different nations will work throughout the day with toward identifying common directions in future work. The idea is that the impact of this work will be greater if there are synergies between them.

The Montreal congress will also see the birth of the first official ISH training. We owe the success of this objective to the years of commitment by Enayat Shahidi. Here too, it is an experiment to determine the directions for the future.

In a way, all of this is only possible thanks to a dynamic and involved BOD. We have been able to create an organisation in which everyone has their share of responsibility and their specific skills. An administrative organization that also owes a lot to Julie Linden and Brian Allen whenever necessary. This makes it possible to develop several projects at the same time, projects that can continue to grow even if people change. Thanks again to all those who participated in the Paris Congress which gave great financial security to the ISH and the possibility of financing these experiments and developments.

The congress funds also make it possible to finance a part of the large meetings of the bureau where we can work serenely to reflect and make decisions. Thus we spent two very beautiful stays in Paris (2017) and Milan (2018) (thanks to the invitation of Consuelo Casula and Giuseppe de Benedittis). However my strongest memory is our trip to China in July 2017. First Beijing, a magnificent congress, the discovery of our colleagues and their enthusiasm for hypnosis, the two workshops I led. Then these few days with the ISH office and this unforgettable cruise on the Yangtze River to the Three Gorges Dam. A wonderful setting for intense meetings then to enjoy a slower rhythm to admire the scenery and visit.

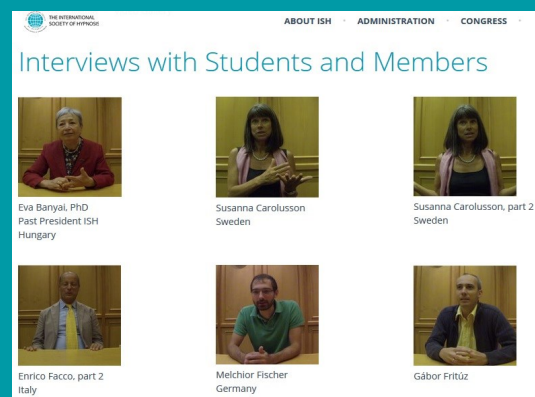
As you can see, the position of President of ISH is exciting and demanding. It takes a lot of time every day, every week... I have already mentioned my new role in the office and I will fulfill my obligations as seriously as my predecessors did. But I will still have more time available to do a little more Emergences and the training we have been giving in France since 1994. Today, we receive more than 1000 new trainees each year for hypnosis and therapeutic communication training. Above all, I will be able to be more available for the experimental and clinical research centre that we are setting up. It's a project I've had at heart for 30 years and it's coming this year! I will also be able to leave the computer and the daily e-mails to better enjoy my family and to find from time to time the absolute happiness of doing nothing!

Claude VIROT  
President of the  
International Society of Hypnosis

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## Lettre de la présidente

French

Bonjour à tous,

Nous sommes en Juin 2018 et j'ai l'honneur de présider la Société Internationale d'hypnose depuis Aout 2015. Ceci est le dernier édito que je vous adresse et pourtant j'ai l'impression d'avoir commencé il y a seulement quelques semaines. Le temps passe très vite lorsqu'on occupe de telles fonctions et déjà, très bientôt, ce sera Bernhard Trenkle qui sera votre Président. L'ISH sera entre de bonnes mains! Quant à moi, j'aurai le privilège de rester comme membre du bureau mais en prenant un peu de recul pour avoir plus un rôle de conseiller du président et du bureau lors des situations plus délicates ou plus complexes. Pour accompagner aussi l'évolution du projet de reconnaissance par le WHO et participer plus directement à l'animation du «Youth Committee».

Le futur bureau sera très solide et très actif avec les deux nouveaux élus qui vont accompagner Bernard : Mark Jensen (USA) devient notre President-elect et occupera la fonction de président dans 3 ans et Enayat Shahidi va prendre les fonctions très intenses et fondamentales de secrétaire - trésorier. Les autres membres du bureau seront élus lors de notre assemblée générale de Montréal, mais nous voyons déjà une belle structure émerger.

La vocation première de l'ISH est de créer des liens entre les cultures, les pays, les praticiens... C'est le premier objectif des 4 numéros annuels de cette newsletter qui transmet et diffuse à chaque membre et à chaque société l'essentiel de la vie du monde de l'hypnose. Vous êtes sûrement étonnés - comme je le suis - par la richesse et la qualité de chacune de ces newsletters: il faut féliciter Kata Varga qui mène ce travail considérable depuis des années et qui, souhaitons le, va continuer encore.

Il faut aussi que toutes ces forces puissent se rencontrer et qu'elles puissent communiquer. Le congrès de Paris, celui de Montréal et tous ceux qui sont organisés par les membres du bureau en Iran, en Allemagne, en Hongrie, en Chine ou en France... sont de très puissants moments d'échange et de partage.

C'est vrai également du projet vidéo que nous expérimentons à Montréal. Il me tenait tout particulièrement à cœur. Pendant le congrès de Paris, même si nous étions 2500, je pensais à tous ceux qui n'ont pas la possibilité de participer à nos congrès surtout pour des raisons financières. Nous avons aujourd'hui toutes les technologies qui permettent - à moindre coût - de partager à distance

ces moments essentiels. Nous avons décidé de faire une expérimentation à Montréal. La salle principale sera filmée et la diffusion sera possible dans 6 pays sélectionnés pour leurs faibles revenus: Mexique et Brésil, Chine et Iran, Hongrie et Pologne. Nous avons une société membre dans chacun de ses pays qui va s'occuper de la diffusion en direct ou en différé avec le soutien du «Youth Committee». Nous allons ainsi permettre à des centaines ou des milliers de praticiens de voir et d'écouter toutes les conférences et présentations données dans cette salle et ainsi d'être - à distance - un peu avec les participants du congrès sur place à Montréal. Cette expérimentation nous donnera de nombreuses indications pour faire mieux lors du congrès 2021.

Pour respecter notre dimension mondiale, nous devons aussi faire encore des efforts dans le domaine des langues. Cet objectif est en partie atteint dans les congrès et dans cette newsletter. Le bureau vient aussi de décider de faire traduire le plus possible de pages du site internet dans de nombreuses langues grâce à des systèmes de traduction automatique. Même si ces traductions resteront parfois imparfaites, c'est un grand pas de savoir qu'en Chine, en Iran, en Suède ou en Russie..., tout le monde peut se connecter à la Société Internationale d'hypnose et par cet intermédiaire être connecté aux praticiens du monde entier. Tout ce que nous faisons aujourd'hui est orienté vers le futur, pour que nos connaissances et techniques hypnotiques soulagent toujours plus de personnes en souffrance, pour que l'avenir soit meilleur pour les générations qui nous suivent. C'est la raison pour laquelle j'ai souhaité créer au sein de l'ISH un «Youth Committee» avec de jeunes professionnels de santé. Aujourd'hui ils sont 5 et viennent de Chine (Gallant Gao), d'Iran (Saddaf Seddhig), du Maroc (Noufissa Ouazzani), d'Allemagne (Daniel Bass) et de France (Stéphane Radoykov, chairman). Leur rôle actif est en 2018 de participer à la réussite de l'expérimentation vidéo. Mais le plus important est qu'ils apprennent rapidement l'évolution de l'hypnose à travers le monde, qu'ils en repèrent les forces et les faiblesses pour préparer bientôt les orientations nécessaires pour les 30 ou 50 années qui viennent. Je tiens tout particulièrement à les remercier pour leur engagement humain et professionnel.

Dans de nombreux pays, il existe aussi des revues nationales de grande qualité. Nous commençons à créer un réseau international afin de mieux faire diffuser la connaissance et l'information venant de tous ces pays. Les premiers numéros portant le logo ISH devraient voir le jour avant la fin 2018. Ce réseau va compléter idéalement notre newsletter et permettre de mieux faire connaître la société internationale dans chaque pays tout en renforçant



la légitimité de chacune de ces revues. Dans un deuxième temps, ces revues pourraient avoir une plus grande influence en publiant des articles scientifiques sélectionnés par un comité de lecture venant de leur propre pays. L'objectif est de stimuler la recherche dans chaque pays en étendant les possibilités de publication.

Chacune de ces actions participe à sa manière à l'objectif majeur de reconnaissance d'hypnose par le World Health Organisation (WHO). Il prendra certainement quelques années encore, au delà de la présidence de Bernhard. Il sera essentiel que le nouveau bureau poursuive ce travail autour de Giuseppe de Benedittis et de Nicole Ruysshaert qui sont les principaux responsables actuels de ce groupe de travail. Un des objectifs prochains est de rapprocher les idées et ressources de l'ISH avec celles de l'European Society of Hypnosis qui est également engagée dans ce processus de reconnaissance. Il est très important et très stimulant de permettre à nos deux sociétés de travailler en semble sur un projet commun. Cette complémentarité favorisera aussi le succès de manière plus efficace et plus rapide. Dans quelques semaines nous nous retrouverons à Montréal, une ville qui illustre à merveille le mélange des cultures et des traditions. Nous savons déjà qu'il y aura près de 60 nations représentées c'est à dire 5 ou 6 de plus qu'à Paris. L'arrivée de collègues venant de nouvelles nations est très important. Chaque praticien dans son pays est comme une graine avec le potentiel de voir émerger une belle plante à fleur, un arbre ou une forêt. Et permettre à chaque participant de repartir dans son pays avec des graines venant d'ailleurs par les conférences, les ateliers, les débats, est un des grands bonheurs de chacun de nos congrès mondiaux.

Depuis le congrès de Paris, grâce à l'impulsion de Mark Jensen et de Giuseppe de Bendittis, l'ISH s'est activement engagé dans les processus de recherches scientifiques. Nous organisons de nouveau une journée complètement orientée vers l'avenir de la recherche en hypnose. Un groupe de chercheurs expérimentaux et un groupe de chercheurs cliniciens venant tous de nations différentes vont discuter tout au long de cette journée avec l'objectif de dégager des orientations communes dans les futurs travaux. L'idée est que l'impact des ces travaux sera plus important s'il y a des synergies entre eux.

Le congrès de Montréal verra aussi naître la première formation ISH officielle. Nous devons à l'engagement d'Enayat Shahidi depuis plusieurs années la réussite de cet objectif. Ici aussi, il s'agit d'une expérimentation afin de déterminer les orientations pour le futur.

D'une certaine manière, tout ceci n'est possible que grâce à un bureau dynamique et impliqué. Nous avons pu créer une organisation dans laquelle chacun à sa part de responsabilité et ses compétences spécifiques. Une organisation administrative aussi qui doit beaucoup à Julie Linden et Brian Allen à chaque fois que c'est nécessaire. C'est ce qui permet de développer plusieurs projets en même temps, des projets qui pourront continuer à grandir même si les personnes changent. Merci encore à tous ceux qui ont participé au congrès de Paris qui a donné une grande sécurité financière à l'ISH et la possibilité de financer ces expérimentations et ces évolutions.

Des moyens qui permettent aussi de financer une partie des grandes réunions du bureau où nous pouvons travailler sereinement pour réfléchir et prendre des décisions. C'est ainsi que nous avons passé deux très beaux séjours à Paris (2017) et à Milan (2018) (grâce à l'invitation de Consuelo Casula et de Giuseppe de Benedittis). Cependant mon souvenir le plus fort est notre voyage en Chine en Juillet 2017. D'abord Pékin, un magnifique congrès, la découverte de nos confrères et leur enthousiasme pour l'hypnose, les deux ateliers que j'ai animés. Puis ces quelques jours avec le bureau de l'ISH et cette croisière inoubliable sur le Yang Tsé jusqu'au barrage des Trois Gorges. Un cadre merveilleux pour des réunions intenses puis pour profiter d'un rythme plus lent à admirer les paysages et à visiter. Comme vous pouvez le constater, la fonction de président de l'ISH est exaltante et exigeante. Elle demande beaucoup de temps chaque jour, chaque semaine... J'ai déjà évoqué mon nouveau rôle dans le bureau et je le remplirai aussi sérieusement que l'ont fait mes prédécesseurs. Mais j'aurai quand même plus de temps disponible pour m'occuper de nouveau un peu plus d'Emergences et des formations que nous donnons en France depuis 1994. Nous recevons aujourd'hui plus de 1000 nouveaux stagiaires chaque année pour les formations en hypnose et en communication thérapeutique. Surtout, je vais pouvoir être plus disponible pour le centre de recherche expérimentale et clinique que nous sommes en train de mettre en place. C'est un projet que j'ai à coeur depuis 30 ans et il est en train de voir le jour cette année! Je vais aussi pouvoir laisser de coté l'ordinateur et les e-mails quotidiens pour mieux profiter de ma famille et de retrouver de temps en temps le bonheur absolu de ne rien faire!

Claude VIROT  
Président de la société  
Internationale d'hypnose

## Gedanken der Präsidentin

Translator: Reinhild Draeger-Muenke  
German

Guten Tag.

Es ist Juni 2018, und seit August 2015 habe ich die Ehre, der Internationalen Hypnosegesellschaft vorzustehen. Dieses ist mein letzter Rundschreiben an Sie, obwohl es mir so vorkommt, als hätte ich gerade erst vor ein paar Wochen begonnen. In diesem Amt ist die Zeit sehr schnell vergangen, und in einigen Wochen wird Bernhard Trenkle Ihr Präsident sein. Die ISH wird in guten Händen sein! Was mich betrifft, so werde ich das Privileg haben, als Vorstandsmitglied weiterhin dabeizusein, aber ich werde mehr im Hintergrund sein und eher die Funktion haben, den Präsidenten und den Vorstand in heiklen oder komplizierten Situationen zu beraten. Auch werde ich weiterhin das Projekt der Anerkennung durch die WHO begleiten und unmittelbar am Jugendkomitee mitwirken.

Mit den zwei neu gewählten Mitgliedern, die Bernhard Trenkle begleiten werden, ist der zukünftige Vorstand ist solide und sehr aktiv: Mark Jensen (USA) wird unser Präsident in drei Jahren sein, und Enayat Shahidi (Iran) wird die wichtige Aufgabe der Sekretärin- Schatzmeisterin übernehmen. Die weiteren Vorstandsmitglieder werden während unserer Generalversammlung in Montreal gewählt, aber es zeichnet sich schon jetzt eine gute Struktur ab.

Das Hauptziel der ISH ist es, Verbindungen zwischen Kulturen, Ländern und Praktikern herzustellen... Das ist auch das Ziel der vierteljährlichen Zeitschrift, die jedem Mitglied und jeder Gesellschaft das Wesentliche in der Hypnosewelt mitteilt. Sie sind sicherlich genauso wie ich von der Reichhaltigkeit und Qualität jeder dieser Ausgaben überrascht: herzliche Glückwünsche an Katalin Varga, die seit Jahren diese arbeitsreiche Aufgabe übernommen hat, und, wie wir hoffen, auch noch weiterführen wird.

Es ist auch notwendig, dass alle diese Kräfte zusammenkommen und miteinander kommunizieren. Die Kongresse in Paris, Montreal, und alle diejenigen, die von Vorstandsmitgliedern im Iran, in Deutschland, Ungarn, China oder Frankreich organisiert werden... sind sehr bedeutende Momente des Austausches und Mitteilens.

Das stimmt ebenso für das Videoprojekt zu, mit dem wir in Montreal experimentieren. Das liegt mir besonders am Herzen. Obwohl wir in Paris 2500 Teilnehmer hatten, habe ich an alle die gedacht, die vielleicht vor allem aus finanziellen Gründen nicht an unserem Kongress teilnehmen konnten. Heute haben wir alle Technologien, die es ohne grossen finanziellen Aufwand möglich machen, aus der Ferne an solchen wichtigen Ereignissen teilzunehmen. Wir

haben uns zu einem Experiment in Montreal entschieden. Der Hauptvortragssaal wird Videoübertragungsmöglichkeiten haben, und die Veranstaltungen werden in sechs ausgewählte ressourcenarme Länder übertragen werden : Mexiko, Brasilien, China, Iran, Ungarn und Polen. Ein Vorstandsmitglied aus den jeweiligen Ländern mithilfe des «Jugendkomitees» wird sich um die direkte oder zeitverschobene Übermittlung kümmern. So werden hunderte oder tausende von Praktikern alle Konferenzen und Vorlesungen aus dieser Halle mitsehen und - hören können, und somit – aus der Ferne - ein bisschen als Teilnehmer beim aktuellen Kongress in Montreal dabeisein können. Dieses Experiment wird uns dann gut darüber informieren, was wir beim Kongress im Jahre 2021 besser machen können.

Um unserer internationalen Dimension gerecht zu werden, müssen wir uns auch mehr anstrengen, was die verschiedenen Sprachen betrifft. Diese Ziel erreichen wir zum Teil während unseres Kongresses und in unserem Rundschreiben. Der Vorstand hat auch gerade entschieden, so viele Internetseiten wie möglich mithilfe automatischer Übersetzungssysteme in zahlreiche Sprachen zu übersetzen. Selbst wenn diese Übersetzungen manchmal nicht perfekt sind, ist es ein grosser Schritt zu wissen, dass in China, Iran, Schweden oder Russland... die ganze Welt kann sich mit der ISH in Verbindung setzen und durch diesen Vermittler mit Praktikern in aller Welt verbunden sein. Alles was wir heute tun ist auf die Zukunft ausgerichtet, damit unser hypnotisches Wissen und unsere hypnotischen Techniken mehr und mehr leidenden Menschen helfen kann, damit die Zukunft für die nächsten Generationen besser aussieht. Das ist der Grund, weshalb ich ein «Jugendkomitee» innerhalb der ISH mit jungen professionellen Menschen im Gesundheitswesen gründen wollte. Im Moment sind es fünf, und sie kommen aus China (Gallant Gao), aus dem Iran (Saddaf Seddhig), aus Marokko (Noufissa Ouazzani), aus Deutschland (Daniel Bass), und aus Frankreich (Stephane Radoykov, die den Vorsitz führt). 2018 ist ihre Rolle, an dem Gelingen des Videoexperiments mitzuarbeiten. Aber wichtiger noch ist es dass sie sich schnell über die Evolution der Hypnose in der Welt informieren, und sich schnell über ihre Stärken und Schwächen Klarheit verschaffen, um ganz bald die notwendige Orientierung für die nächsten 30-50 Jahre in die Wege leiten zu können. Ich möchte ihnen ganz besonders herzlich für ihr menschliches und professionelles Engagement danken.

In vielen Ländern gibt es auch nationale Journale von beachtlicher Qualität. Wir haben damit begonnen ein internationales Netzwerk herzustellen, um die Kenntnisse und Information aus allen diesen Ländern besser verbreiten zu können. Die ersten Nummern mit dem Logo der ISH sollten vor Ende 2018 erscheinen. Dieses Netzwerk wird idealerweise unser Rundschreiben ergänzen und der ISH in jedem Land zu grösserer Bekanntheit verhelfen,

während sie gleichzeitig die Legitimität der einzelnen Journale unterstützt. Zweitens, diese Journale könnten dadurch einen grösseren Einfluss ausüben, indem sie wissenschaftliche Artikel publizieren, die von einem Gutachterkomitee aus dem jeweiligen Land ausgewählt worden sind. Das Ziel wäre, die Forschung in jedem Land durch mehr Publikationsmöglichkeiten zu stimulieren.

Alle diese Vorhaben tragen auf ihre Weise zum Hauptziel der Anerkennung der ISH durch die WHO an. Es wird sicherlich noch einige Jahre dauern, über Bernhard's Präsidentschaft hinaus. Es ist wesentlich, dass der neue Vorstand diese Arbeit um Giuseppe de Benedittis und Nicole Ruysshaert weiterverfolgt, die die Hauptverantwortlichen dieser Arbeitsgruppe sind. Eines der nächsten Ziele ist es, die Ideen und Ressourcen der ISH mit denen der europäischen Hypnosegesellschaft in Einklang zu bringen, die sich genauso in diesem Erkundungsprozess engagiert. Es ist sehr wichtig und sehr anregend, unseren beiden Gesellschaften zu erlauben, zusammen an diesem Gemeinschaftsprojekt zu arbeiten. Diese Zusammenarbeit erlaubt einen effizienteren und schnelleren Erfolg. In ein paar Wochen treffen wir uns in Montreal, eine Stadt, die auf wunderbare Weise die Mischung von Kulturen und Traditionen darstellt. Wir wissen schon jetzt, dass ungefähr 60 Nationen teilnehmen werden, also 5-6 mehr als in Paris. Die Teilnahme von Kollegen aus neuen Nationen ist sehr wichtig. Jeder Praktiker ist wie ein Saatkorn in seinem Land, und hat, wie ein Saatkorn, das Potential, eine schöne Blume, einen Baum, oder einen Wald hervorzubringen. Und jedem Teilnehmer zu erlauben mit solchem Saatgut von Konferenzen, Workshops und Debatten anderswo in sein Land zurückzukehren, ist eine der grossen Freuden jedes unserer Weltkongresse.

Seit dem Kongress in Paris, dank der Anregung von Mark Jensen und Giuseppe de Benedittis, hat sich die ISH aktiv am Prozess der wissenschaftlichen Forschung beteiligt. Wir werden nochmal einen Tag organisieren, der komplett auf die Zukunft der Hypnoseforschung ausgerichtet ist. Eine Gruppe experimenteller Forscher, und eine Gruppe klinischer Forscher aus verschiedenen Nationen werden während des ganzen Tages darüber diskutieren, gemeinsame Zielvorstellungen für zukünftige Projekte zu identifizieren, mit der Idee, dass die Wirkung dieser Projekte gewichtiger sein wird, wenn Synergien zwischen ihnen bestehen.

Der Kongress in Montreal wird auch zum erstenmal offizielles ISH Training anbieten. Das Zustandekommen dieses Trainings haben wir dem jahrelangen Engagement von Enayat Shahidi zu verdanken. Dabei handelt es sich auch um ein Experiment, dessen Ausgang zukünftige Pläne beeinflussen wird.

Das alles ist irgendwie möglich dank unseres dynamischen und involvierten Vorstandes. Wir

haben eine Organisation bilden können, in der jeder seinen Anteil an Verantwortung und spezifischen Kompetenzen hat. Eine Organisation von Verwaltung, die Julie Linden viel verdankt, und auch Brian Allen jedesmal wenn es nötig ist. Das macht es möglich, mehrere Projekte zur gleichen Zeit zu entwickeln, Projekte, die weiterwachsen können, selbst wenn die Personen wechseln. Nochmal vielen Dank an alle, die am Pariser Kongress teilgenommen haben, was der ISH eine grosse finanzielle Sicherheit beschert hat, und damit die Möglichkeit, diese Experimente und ihre Entwicklung zu finanzieren.

Diese Mittel erlauben es auch, zum Teil die grossen Vorstandszusammenkünfte zu bezahlen, während derer wir ungestört daran arbeiten können, nachzudenken und Entscheidungen zu treffen. Damit haben wir zwei schöne Aufenthalte in Paris (2017) und Mailand (2018) gehabt (dank der Einladung von Consuelo Casulo und Giuseppe de Benedittis). Eine meiner stärksten Erinnerungen ist an unsere Reise nach China im Juli 2017. Zuerst Peking, ein toller Kongress, die Entdeckung unserer gleichgesinnten Kollegen und ihr Enthusiasmus für die Hypnose in den zwei Workshops, die ich geleitet habe. Dann einige Tage mit dem ISH Vorstand und der unvergesslichen Schiffsfahrt auf dem Yang Tse bis zu den Dämmen der Drei Schluchten. Ein wunderbarer Hintergrund für intensive Zusammenkünfte und dann um von einem langsameren Rhythmus zu profitieren, die Landschaft zu bewundern, und etwas Zeit miteinander zu haben.

Wie Sie feststellen können, ist die Funktion des ISH Präsidenten ist aufregend und fordernd. Sie fordert jeden Tag und jede Woche ...viel Zeit. Ich habe schon meine neue Rolle im Vorstand angesprochen, und ich werde sie genauso gewissenhaft ausfüllen wie meine Vorgänger. Aber trotzdem werde ich mehr Zeit zur Verfügung haben, um mich von neuem meinem Emergences Institut und seinen Trainings zu widmen, die wir in Frankreich seit 1994 anbieten. Heute haben wir pro Jahr mehr als 1000 neue Auszubildende für unser Hypnosetraining und das Training in Therapeutischer Kommunikation. Ich werde sicherlich auch dem Zentrum für experimentelle und klinische Forschung, das wir gerade dabei sind zu gründen, häufiger zur Verfügung stehen können. Das ist ein Projekt, das mir seit 30 Jahren am Herzen liegt, und es wird dieses Jahr zur Wirklichkeit. Ich werde dann auch meinen Computer und die täglichen Emails etwas zur Seite legen können, um meine Familie mehr zu geniessen, und um von Zeit zu Zeit das absolute Glück des Nichtstuns wiederzufinden.

Mit freundlichem Gruss,  
Claude VIROT  
Präsident der Internationalen  
Hypnosegesellschaft



## Lettera del presidente

Translator: Consuelo Casula  
Italian

Ciao a tutti,

Siamo in giugno 2018 e ho avuto l'onore di presiedere l'International Society of Hypnosis dall'agosto 2015. Questa è ultima lettera per la ISH newsletter e ho l'impressione di aver appena cominciato e che siano trascorse solo alcune settimane. Il tempo passa velocemente quando si è in questa posizione che sarà presto di Bernhard Trenkle, il vostro prossimo Presidente. L'ISH sarà in buone mani! Quanto a me, avrò il privilegio di rimanere come membro del BOD e farò un passo indietro per avere più un ruolo di consulenza del Presidente e del BOD nelle situazioni più delicate o complesse. Per sostenere inoltre l'evoluzione del progetto di riconoscimento della OMS e lavorare più direttamente con il *comitato per i giovani*.

Il futuro board sarà molto solido e attivo. ISH ha due nuovi consiglieri eletti che accompagneranno Bernard: Mark Jensen (USA) in qualità di Presidente Eletto ricoprirà la carica di Presidente tra 3 anni, mentre Enayat Shahidi (Iran) assumerà la funzione importante di Segretario - Tesoriere. Gli altri membri del board saranno eletti durante la l'assemblea generale a Montreal, ma stiamo già vedendo emergere una bella struttura.

La principale vocazione della ISH è di creare collegamenti tra culture, paesi e professionisti. Questo è anche il primo obiettivo di questa newsletter trimestrale che trasmette e diffonde a ciascun membro e a ogni società l'essenziale della vita nel mondo dell'ipnosi. Sarete sicuramente impressionati - come lo sono io - dalla ricchezza e dalla qualità di ciascuna di queste newsletter. Dobbiamo congratulare Kata Varga per il suo notevole lavoro svolto in questi anni che speriamo continui nei prossimi anni.

Dobbiamo fare in modo che tutte queste forze si incontrino e possano comunicare. Il Congresso di Parigi, quello di Montreal e tutti quelli organizzati dai membri del BOD in Iran, Germania, Ungheria, Cina o Francia ... sono momenti di scambio e condivisione molto potenti.

Questo vale anche per il progetto video che esploreremo a Montreal. Questo progetto mi è stato particolarmente a cuore. Durante il congresso di Parigi, anche se eravamo 2500, ho pensato a tutti coloro che non avevano avuto la possibilità di parteciparvi per motivi finanziari. Oggi abbiamo tutte le tecnologie che ci consentono - a un costo

inferiore - di condividere questi momenti essenziali da remoto. Abbiamo perciò deciso di fare un esperimento a Montreal. La sala principale sarà filmata e la diffusione sarà possibile in 6 paesi selezionati per i loro redditi bassi: Messico e Brasile, Cina e Iran, Ungheria e Polonia. Abbiamo una società membro in ciascuno di questi paesi che gestirà la diffusione in diretta o differita con il supporto *del comitato per i giovani*. Ciò consentirà a centinaia o migliaia di praticanti di vedere e ascoltare le conferenze e le presentazioni date in questa stanza e - a distanza - partecipare assieme a quelli presenti a Montreal. Questo esperimento ci darà numerose indicazioni per migliorare il congresso del 2021.

Per rispettare la nostra dimensione mondiale, dobbiamo anche compiere ulteriori sforzi sul versante delle lingue. Questo obiettivo è in parte raggiunto nei congressi e in questa newsletter. Il BOD ha anche recentemente deciso di far tradurre quante più pagine del sito web possibili in molte lingue utilizzando i sistemi di traduzione automatica. Anche se queste traduzioni rimarranno imperfette, è un grande passo sapere che in Cina, Iran, Svezia o Russia ... tutti possono connettersi con la Società Internazionale di Hypnosis e attraverso questo intermediario essere collegati ai professionisti di tutto il mondo.

Tutto ciò che facciamo oggi è orientato verso il futuro, di modo che le nostre conoscenze e tecniche ipnotiche possano alleviare la sofferenza di sempre più persone e offrire un futuro migliore alle generazioni future. Questo è il motivo per cui ho voluto creare un "*comitato per i giovani*" di giovani professionisti della salute all'interno dell'ISH. Oggi sono 5 membri e provengono dalla Cina (Gallant Gao), Iran (Saddaf Seddhig), (Noufissa Ouazzani), Germania (Daniel Bass) e Francia (Stéphane Radoykov, presidente). Il loro ruolo attivo nel 2018 è di partecipare alla riuscita dell'esperimento video. Ma la cosa più importante è che conoscano rapidamente l'evoluzione dell'ipnosi in tutto il mondo, che identifichino i punti di forza e di debolezza e preparino gli orientamenti necessari per i prossimi 30 o 50 anni. In particolare vorrei ringraziarli per il loro impegno umano e professionale.

In molti paesi esistono anche riviste nazionali di alta qualità. Stiamo iniziando a creare una rete internazionale per diffondere meglio la conoscenza e le informazioni provenienti da questi paesi. I primi numeri con il logo ISH dovrebbero essere pubblicati prima della fine del 2018. Questa rete integrerà idealmente la nostra newsletter e ci permetterà di far conoscere meglio la ISH in ogni paese, rafforzando nel contempo la legittimità di ciascuna rivista. In un



secondo momento, queste riviste potrebbero avere maggiore influenza pubblicando articoli scientifici selezionati da un comitato di lettura del proprio paese. L'obiettivo è stimolare la ricerca in ogni paese espandendo le opportunità di pubblicazione.

Ognuna di queste azioni contribuisce a suo modo all'obiettivo principale del riconoscimento dell'ipnosi da parte dell'Organizzazione Mondiale della Sanità (OMS). Ci vorranno sicuramente ancora alcuni anni, forse oltre la presidenza di Bernhard. Sarà essenziale che il nuovo board continui questo lavoro sostenendo Giuseppe de Benedittis e Nicole Ruysschaert che attualmente sono i principali leader di questo gruppo di lavoro. Uno dei prossimi obiettivi è di avvicinare le idee e le risorse della ISH a quelle della Società Europea di Ipnosi, anch'essa impegnata in questo processo di riconoscimento. È molto importante e stimolante consentire alle nostre due società di lavorare su un progetto comune. Questa complementarità favorirà il successo in modo più efficace e rapido.

Tra poche settimane ci incontreremo a Montreal, una città che illustra perfettamente il mix di culture e tradizioni. Sappiamo già che ci saranno circa 60 nazioni rappresentate, 5 o 6 più di Parigi. L'arrivo di colleghi di nuove nazioni è molto importante. Ogni praticante nel suo paese è come un seme con il potenziale di diventare una bella pianta, fiore, albero o foresta. Permettere a ciascun partecipante di tornare nel proprio paese con sementi provenienti da altre parti raccolte durante conferenze, workshop, dibattiti è una delle grandi gioie di ciascuno dei nostri congressi mondiali.

Grazie a Mark Jensen e Giuseppe de Benedittis, dal Congresso di Parigi la ISH è stata attivamente coinvolta nella ricerca scientifica. Organizziamo di nuovo una giornata unicamente orientata al futuro della ricerca in ipnosi. Un gruppo di ricercatori sperimentali e un gruppo di ricercatori clinici di diverse nazioni lavoreranno per tutto il giorno per identificare gli orientamenti comuni del lavoro futuro. L'idea è che l'impatto di questo lavoro sarà maggiore se tra loro si creano sinergie.

Il congresso di Montreal vedrà anche la nascita del primo training ufficiale della ISH. Dobbiamo la realizzazione di questo obiettivo agli anni di impegno di Enayat Shahidi. Anche qui, si tratta di un esperimento per determinare le direzioni per il futuro.

In un certo senso, tutto ciò non sarebbe stato possibile senza un BOD dinamico e coinvolto. Siamo stati in grado di creare un'organizzazione in cui tutti hanno la loro parte di responsabilità secondo le loro

competenze specifiche. Un'organizzazione amministrativa che deve molto anche a Julie Linden e Brian Allen quando necessario. Ciò ha consentito di sviluppare più progetti contemporaneamente, progetti che possono continuare a crescere anche se le persone cambiano. Grazie ancora a tutti coloro che hanno partecipato al Congresso di Parigi che ha dato sicurezza finanziaria alla ISH e con essa la possibilità di finanziare questi esperimenti e sviluppi.

I fondi della ISH consentono inoltre di finanziare una parte delle riunioni del board in cui possiamo lavorare serenamente per riflettere e prendere decisioni. Abbiamo così trascorso due bellissimi soggiorni a Parigi (2017) e a Milano (2018) (grazie all'invito di Consuelo Casula e Giuseppe de Benedittis). Tuttavia il mio ricordo più forte è il nostro viaggio in Cina nel luglio 2017. Prima Pechino per un magnifico congresso e la scoperta dei nostri colleghi e il loro entusiasmo per l'ipnosi, e i due miei workshop. Dopo, alcuni giorni con il board della ISH durante una indimenticabile crociera sul fiume Yangtze fino alla diga delle Tre Gole. Un'ambientazione meravigliosa per incontri intensi godendo di un ritmo più lento per ammirare il paesaggio e visitare luoghi.

Come potete constatare, la posizione di Presidente di ISH è esaltante ed esigente. Ci vuole tanto tempo ogni giorno, ogni settimana... Ho già menzionato il mio nuovo ruolo nel board e soddisferò i miei obblighi con la stessa serietà dei miei predecessori. Avrò ancora più tempo a disposizione per lavorare un po' più per Emergences e per la formazione che stiamo dando in Francia dal 1994. Ogni anno riceviamo più di 1000 nuovi apprendisti di ipnosi e per la formazione sulla comunicazione terapeutica. Soprattutto, potrò essere più disponibile per il centro di ricerca sperimentale e clinica che stiamo creando. È un progetto che ho avuto a cuore per 30 anni e quest'anno lo realizzerò! Potrò anche mettere da parte il computer e le e-mail giornaliere per godermi di più la mia famiglia e riprovare di volta in volta la felicità assoluta di non far nulla!

Cari saluti,  
Claude VIROT  
Presidente della  
Società Internazionale ipnosi

## Columna de la Presidencia

Translator: Teresa Robles  
Spanish

¡Hola a todos!

Estamos en junio 2018 y tengo el honor de presidir la Sociedad Internacional de Hipnosis desde agosto 2015. Esta es la última editorial que les dirijo y, sin embargo, tengo la impresión de haber comenzado hace apenas unas semanas. El tiempo pasa rápido cuando tenemos muchas ocupaciones y muy pronto Bernhard Trenkle será nuestro presidente. ¡La ISH estará en buenas manos! En cuanto a mi, tendré el privilegio de continuar como parte de la Mesa Directiva, pero un paso atrás con el papel de aconsejar al Presidente y al Consejo en situaciones delicadas o complejas, así como para acompañar la evolución del proyecto de ser reconocidos por la OMS y participar más directamente a dar vida al proyecto del Comité de Jóvenes.

La próxima Mesa Directiva estará muy activa con Mark Jensen, nuestro Presidente Electo y Enayat Shahidi que tendrá a su cargo las funciones intensas y básicas de secretario tesorero. Ambos entrarán en funciones dentro de tres años. Los otros miembros de la Mesa Directiva serán elegidos en nuestra Asamblea General en Montreal, pero ya está emergiendo una bella estructura.

La vocación fundamental de la ISH es crear alianzas, puentes, entre culturas, países, practicantes... Ese es el principal objetivo de los cuatro números anuales de esta publicación que hace llegar a cada miembro y a cada sociedad lo esencial de la vida del mundo de la hipnosis. Seguramente ustedes como yo, están sorprendidos de la riqueza y la calidad de cada una de estas publicaciones: Quiero felicitar por esto a Kata Varga, que realiza este gran trabajo desde hace años y que esperamos lo siga haciendo. Necesitamos que todas estas fuerzas se encuentren y se comuniquen. El Congreso de París, el de Montreal y todos los que han sido organizados por los miembros de la mesa directiva en Irán, Alemania, Hungría, China o Francia... son momentos muy poderosos de cambio y de compartir.

Y lo mismo respecto al video proyecto que experimentaremos en Montreal. Me llega al corazón de manera especial. Durante el Congreso de París, aunque éramos 2,500, yo pensaba en todos los que no habían tenido la oportunidad de participar en nuestros congresos sobre todo por razones financieras. Hoy en día, tenemos todas las tecnologías que permiten a un bajo costo compartir a distancia esos momentos esenciales. Decidimos hacer una prueba en Montreal. La sala principal será

filmada y transmitida a seis países seleccionados por tener ingresos bajos: México y Brasil, China e Irán, Hungría y Polonia. Tenemos una sociedad miembro en cada uno de esos países que se va a ocupar de la transmisión en directo o diferida con el apoyo del Comité de Jóvenes. De esa manera permitiremos a cientos o miles de practicantes ver y escuchar las conferencias y presentaciones de la sala principal y de esa manera estar -a distancia- un poco con los participantes que se encuentran en Montreal. Esta prueba nos servirá para hacerlo todavía mejor en el 2021.

Para respetar nuestra dimensión mundial, debemos esforzarnos también en lo que se refiere a los idiomas. Este objetivo se ha logrado en parte en el Congreso y en esta publicación. La Mesa Directiva ha decidido también traducir el mayor número de páginas posibles del sitio de Internet en muchas otras lenguas utilizando los sistemas de traducción automática. Aunque estas traducciones sean a veces imperfectas, ya es un gran paso saber que, en China, en Irán, en Suecia o en Rusia... todos pueden conectarse con la ISH y a través de ella a los practicantes del mundo entero. Todo lo que hacemos hoy en día está orientado al futuro, con el fin de que nuestros conocimientos y técnicas de hipnosis apoyen a cada vez más personas que sufren, de manera que las próximas generaciones tengan un futuro mejor. Es por esto que surgió la idea de crear un Comité de Jóvenes al seno de la ISH, formado por jóvenes profesionales de salud. Actualmente son cinco y vienen de China (Gallant Gao), de Irán (Saddaf Seddhig), de Marruecos (Noufissa Ouazzani), de Alemania (Daniel Bass) y de Francia (Stéphane Radoykov, coordinador). Su papel en 2018 es lograr el éxito en la transmisión del video. Pero lo más importante es que se empapen rápidamente la evolución de lo que es en este momento la hipnosis en el mundo y reconozcan sus fortalezas y debilidades para poder orientar su trabajo durante los próximos 30 o 50 años.

Quiero agradecerles de manera muy especial por su compromiso humano y profesional. En muchos países existen revistas nacionales de gran calidad. Estamos comenzando a crear una red internacional para poder difundir mejor el conocimiento y la información que viene de todos estos países. Los primeros números que llevarán el logo de la ISH aparecerán antes de que termine el 2018. Esta red va a completar de manera ideal nuestra revista y al mismo tiempo dará a conocer mejor a la sociedad internacional en cada uno de los países de la red, además de reforzar la legitimidad de esas publicaciones. En un segundo momento, estas revistas podrán a su vez tener una mayor influencia al publicar en otras partes artículos

científicos seleccionados por un comité de su propio país. Nuestro objetivo es estimular la investigación en cada país ampliando las posibilidades de publicar.

Cada una de estas acciones contribuye de algún modo al objetivo mayor de que la Organización Mundial de la Salud, OMS, reconozca la práctica de la hipnosis. Eso tomará algún tiempo, incluso años después de la presidencia de Bernhard. Es muy importante que la siguiente Mesa Directiva continúe el trabajo que realizan Giuseppe de Benedittis y Nicole Ruysshaert que actualmente son los principales responsables de ese grupo de trabajo. Una de las próximas metas es unir las ideas y los recursos de la ISH con los de la Sociedad Europea de Hipnosis que se encuentra también realizando este proceso. Es muy importante y muy estimulante que estas dos sociedades trabajen en conjunto en este proyecto común. Nuestra complementariedad facilitará el éxito de forma más rápida y eficaz.

Dentro de unas semanas nos encontraremos en Montreal, una ciudad que ilustra la mezcla de culturas y tradiciones. Sabemos ya que habrá cerca de 60 países representados, es decir 5 o 6 más que en París. La llegada de colegas de nuevas naciones es muy importante. Cada practicante en su país es como una semilla con el potencial de hacer crecer una bella planta, un árbol o un bosque. Y cada uno regresará a casa con las semillas que traen de muy lejos las conferencias, los talleres, los debates... esto es una de las maravillas de nuestros congresos mundiales.

Desde el Congreso de París, gracias al impulso de Mark Jensen y de Giuseppe de Benedittis, la ISH se ha comprometido activamente con procesos de investigación científica. Estamos organizando antes del Congreso un día completamente orientado al futuro de la investigación en hipnosis. Un grupo de investigadores experimentales y un grupo de investigadores clínicos provenientes de naciones diferentes van a discutir, a lo largo de este día, con el objetivo de crear orientaciones comunes para realizar futuros trabajos. La idea es que el impacto de sus trabajos será más importante si hay sinergia entre ellos.

El Congreso de Montreal verá nacer también la primera formación oficial de la ISH. Debemos este logro al compromiso y esfuerzo de Enayat Shahidi durante varios años. Aquí también, estamos experimentando para decidir por donde seguiremos en el futuro.

Pero todo esto ha sido posible gracias a una Mesa Directiva dinámica y comprometida. Hemos podido crear una organización en la que cada uno ha tenido su parte de responsabilidad y utilizado sus

competencias- Una organización administrativa que también debe mucho a Julie Linden y a Brian Allen que están ahí disponibles cada vez que es necesario. Esto es lo que ha permitido desarrollar varios proyectos al mismo tiempo, proyectos que podrán seguir creciendo, aunque las personas cambien.

Gracias a todos los que participaron en el Congreso de París y dieron a la ISH una gran seguridad financiera, así como la posibilidad de financiar estos ensayos, de realizar estos cambios.

Recursos que permiten también financiar en parte las grandes reuniones de la Mesa Directiva durante las cuales podemos trabajar con serenidad para reflexionar y tomar decisiones. Tuvimos unas lindas estancias de trabajo en París (2017), y en Milán (2018) gracias a la invitación de Consuelo Casula y de Giuseppe de Benedittis. Pero mi recuerdo más fuerte es nuestro viaje a China en julio del 2017. Primero, un magnífico congreso en Pekín, el descubrimiento de nuestros colegas y de su entusiasmo por la hipnosis, los dos talleres que di. Después, unos días con los directivos de la ISH y ese crucero inolvidable por el Yang Tsé hasta la presa de Las Tres Gargantas. Un contexto maravilloso para reuniones intensas y después disfrutar de un ritmo más lento, admirando paisajes, paseando.

Como pueden darse cuenta, la función de Presidente de la ISH es estimulante y exigente. Demanda mucho tiempo cada día, cada semana... tengo claro mi nuevo lugar dentro de la Mesa Directiva y lo llevaré a cabo tan seriamente como lo han hecho mis predecesores. Pero tendré un poco más de tiempo disponible para ocuparme un poco más de Emergences y de las formaciones que ofrecemos desde 1994, Actualmente recibimos más de 1000 nuevos alumnos cada año para formarse en hipnosis y en comunicación terapéutica. Sobre todo, tendré más tiempo para el centro de investigación experimental y clínica que estamos creando. ¡Es un proyecto que llevo en el corazón desde hace 30 años y está naciendo este año! ¡Voy a poder también dejar de lado un rato la computadora y los correos de todos los días para disfrutar mejor mi familia y reencontrar de vez en cuando la felicidad absoluta de no hacer nada!

Atentamente  
Claude VIROT  
Presidente de la  
International Society of Hypnosis

## Individual ISH Membership

Membership benefits include:

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

For a list of members, please visit the [International Society of Hypnosis website](http://International Society of Hypnosis website).

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## Letter from the Editor



Dear Colleagues:

Another three years has passed since the last ISH congress. I can repeat my words in the 2015 2<sup>nd</sup> issue (just changing the names: Montreal for Paris, and Bernhard for Claude): “I have had the honor to be the newsletter editor beginning with the fall 2014 issue and going forward.” In Montreal we will have the election of the new Board of Directors, maybe this is my

last issue – as an editor. In case I do receive the trust from the COR members, and become a BoD member again, and if then new president, Bernhard Trenkle (and his Board) will give me this task again, I will be most happy to continue.

In the column of “**Meeting our Mentors**” Julie Linden interviews Dr. Inger Helene Vandvik. She was, in 2017, appointed Knight of St. Olav, by the King of Norway – in a way it is a very special feeling for all of us to see such a high-level recognition of a colleague. It is worth pointing out – that she does not mention – she has been for many years a member of ISH and the Norwegian Constituent Society.

In the “**Main interview**” Fanni Pusztai talks with **Irving Kirsch**, an outstanding hypnosis researcher, a lecturer in medicine at the [Harvard Medical School](http://Harvard Medical School) and professor emeritus of psychology at several Universities.

In the column of **Clinical Relevance of Research Findings** — **Irmelin Hovland-Hegg** describes the importance of using (more) hypnosis and/or suggestion techniques in the Perinatal Intensive Care units. Just as in the “adult” Intensive Care Units, the parents of early born babies are obviously in a trance state, and very much open to suggestions.

The recent salient findings on hypnosis are presented in the column of “**Findings of Note**” by **Fanni Pusztai**. She guides us to explore various fields: from the application of hypnotic techniques in can-



cer patients to forensic uses of hypnosis.

**In the Stage Crew** section, we introduce **Hassan Farahmanesh**, a graphic designer who worked with Enayatollah Shahidi for re-designing the “old” banner of ISH. It is really amazing how many interesting persons are working as the stage crew.

Among other news we have details of the Montreal meeting, and an interview with me ☺, on the Hypnosis: New Generation meeting to be held in Budapest, 2019. This is a special meeting where basically young colleagues will present their findings, but of course the more experienced colleagues are also warmly welcome.

As always, we are informing our members in the **News the most important** hypnosis meeting, to be held in Montreal this August. It is still worthwhile to register for the wonderful program.

Katalin Varga, Dipl. Psych. Ph.D.

Katalin Varga  
Dipl. Psych. Ph.D.



Informal meeting of the Hungarian Association of Hypnosis. We are standing around the tree planted in memory of Prof. Mészáros, the founding president of the association, and sharing memories.

## Main Interview

### Irving Kirsch

Interview by Fanni Pusztai

**Dr. Kirsch, your work on expectancies, hypnosis and placebo effects has been groundbreaking, and you powerfully demonstrated throughout your career that these issues are interlinked. Could you please tell me how your interest in these topics began? What were your initially curious about and how has one topic led to another?**

I was initially curious about the role of expectations in behavior therapies. I was convinced that treat-

ments like systematic desensitization worked, but believed that the effects were mediated cognitively, rather than being due to an automatic conditioning process. This led me to examine placebo effects. I was taught clinical hypnosis by Perry London, at the University of Southern California in the 1970s. So in the 1980s, when my then graduate student, Jim Council, brought a study to discuss in our research team, we designed a number of studies looking at the role of expectancy in hypnosis.

**Your response expectancy theory states that it is “the anticipation of one’s own automatic reactions to various situations and behaviors” (Kirsch, 1997, p. 69), so for example if one expects to feel energized after drinking coffee they will experience just that, even if the coffee was (unknown to them) decaffeinated; or if someone expects to feel anxious when leaving their house, they will more likely experience exactly that fear. Our expectancies thus influence our cognition, behavior, feelings and even our physiological responses, as you showed through research. You also stated that “the placebo effect is the prototype of response expectancy effects, but it is not the only domain in which these effects are important” (p. 70). I am wondering what are the differences or distinctions between say placebo, nocebo effects and self-fulfilling prophecies, if there is any. How do these phenomena relate?**

Placebo effects are positive effects produced by people’s expectations. Nocebo effects are negative effects. Response expectancy effects are a subcategory of self-fulfilling prophecies. Previously, the term ‘self-fulfilling prophecies’ had referred only to interpersonal expectancies, for example, when a teacher expects a particular student to excel. Response expectancy theory extended this idea to expectancies about one’s own automatic responses.

**Your work in hypnosis has brought on considerable change in how we think about what actually ‘goes on’ during hypnosis. What can you (briefly) tell us about the role of expectancies in hypnosis?**

Expectancies play a large role in hypnosis. It is one of the best predictors that we have found for differences in responsiveness to hypnosis. It can also shape the subjective experience of a hypnotic state and the way one responds to particular suggestions.

**With the emergence of the need to put all treatments to test by criteria of evidence based medicine, hypnosis is also under investigation as to what conditions can be treated by it efficiently.**



Irving Kirsch is Associate Director of the Program in Placebo Studies and lecturer in medicine at the Harvard Medical School and Beth Israel Deaconess Medical Center. He is also Professor Emeritus of Psychology at the University of Plymouth (UK), and University of Hull (UK), and University of Connecticut (US). He has published 10 books and more

than 250 scientific journal articles and book chapters on placebo effects, antidepressant medication, hypnosis, and suggestion. He originated the concept of response expectancy. His meta-analyses on the efficacy of antidepressants were covered extensively in the international media and influenced official guidelines for the treatment of depression in the United Kingdom. His book, *The Emperor’s New Drugs: Exploding the Antidepressant Myth*, which has been published in English, French, Japanese, Italian, Turkish, and Polish, was shortlisted for the prestigious Mind Book of the Year award. It was the topic of 60 Minutes segment on CBS and a 5-page cover story in Newsweek.



**In their recent review on current issues of hypnosis research and clinical applications, Jensen and his colleagues (2017) cite the conditions in which hypnosis has already been shown to be most effective, which are pain, irritable bowel syndrome and post-traumatic stress disorder symptoms. They also mention conditions in which evidence is so far more limited but promising with regards to hypnosis: depression, anxiety and smoking. What other conditions would you expect to maybe see on this list, or not to see on this list, after necessary amount of results have been gathered? What do you think about the future of hypnosis in general, what are the most pressing current issues?**

In general, the conditions that can be treated effectively with hypnosis are also responsive to placebo effects. Given that, I would expect future research to find that hypnosis can be a powerful aid in the treatment of depression, anxiety, Parkinson's disease, and asthma, all of which show strong placebo effects.

**One of the missions of ISH and the Newsletter is to bring closer the research and clinical aspects of hypnosis. How do you see the connection or distance between them?**

As in medicine generally, good clinical practice should be guided by research results. Research into the nature of hypnotic phenomena can inform us on how to use hypnosis most effectively. Research on the outcomes of hypnotic interventions are important in verifying the effectiveness of hypnosis and is our most important tool in our efforts to expand the acceptance and utilization of hypnosis in clinical practice. Finally, clinical experience can lead to the formation of hypotheses that can then be tested with research studies.

**Your work on placebo effects proved that it makes a meaningful difference when researchers compare a drug's effect to the placebo's effect, versus when they also compare all that to how things would improve in a third condition where there is no placebo or drug, just the natural course of given condition. You also showed that during clinical trials both patients and doctors 'break blind', meaning that even when a trial is double blind and participants are not supposed to know whether they are in the treatment or the placebo group, they have a pretty good guess about which condition they are in. What are the implications of this? How would a clinical trial look like if we wanted to design it in a most rigorous way knowing these results?**

We need to improve clinical trial designs to better control for the placebo effect when assessing medications, especially those for which effects are substantial (e.g., pain, depression, IBS, etc.). One way of doing this is the use of active placebos, which are active substances with side effects, but with no therapeutic effects on the treatment being assessed. This can reduce the incidence of breaking blind. A second reform that I advocate is to assess blinding in all clinical trials by asking patients to report whether they think they have been given the active medication or the placebo.

**Your research on placebos showed that instead of talking about "the" placebo effect, it is more meaningful to talk about placebo effects, in plural. Could you please explain what you mean by this?**

The experience and physiology of placebo effects varies depending on the nature of the condition being treated and the nature of the placebo. An obvious example, the effects of placebo tranquilizers are very different from the effects of placebo stimulants. More surprisingly, effects on the same condition can differ as a function of the nature of the placebo. For example, Fabrizio Benedetti in Turin has shown that whereas the analgesic effects of placebo morphine are blocked by opioid antagonists, those of placebo NSAIDs are blocked by cannabinoid antagonists but not opioid antagonists.

**Given the possibilities that lie within placebo through expectancy response, you are an advocate of utilizing placebo more than they do now. Could you talk about how you think placebos could be used other than being just the baseline to which we compare drug efficacy in clinical trials?**

Placebos have powerful effects on some conditions, and they do so without the side effects and health risks that many medications have. However, the received wisdom is that placebo effects require deception – that the person must believe they are taking an active medication. One way around this is the use of open placebos, given to patients with the information that they are getting placebos, but also with the information that placebos can be effective even if you know you are getting a placebo. My colleagues and I, as well as some other researchers, have shown that these open-label placebos can have powerful effects on irritable bowel syndrome, chronic low back pain, fatigue following cancer treatment, and ADHD. In addition, hypnosis can be used as a non-deceptive placebo. I have written about that in the past. I'd like to note here, however, that I have not claimed that hypnosis is a placebo, but rather

that it can be “used as” a placebo. These are two different things.

**Researching placebos, you made an astonishing discovery that when you analyze both published and non-published data about the efficacy of antidepressants, the drug effects actually come out to be so small that it is in fact wrong to assume a chemical imbalance in depression. You wrote a highly praised book on this topic, “The Emperor’s New Drugs” that some even call revolutionary, as it challenges quite a bit what modern medicine believes to have accomplished in treating depression. I would imagine you experienced strong reactions or emotions from let’s say some pharmaceutical companies, psychiatrists or psychologists. What has been the feedback in general that you received?**

The feedback has been mixed. Psychologists on the whole have been quite friendly to it, as have many physicians and integrative medicine practitioners. Pharmaceutical companies have been respectful. One drug company representative told me, “we don’t see what all the fuss is about. We know how hard it is to separate drug from placebo in our clinical trials of antidepressants.” Psychiatrists, with some exceptions, have been rather hostile, and psychopharmacologists even more so.

**If someone looks you up on Wikipedia, they will find something that might really surprise them, or at least it definitely surprised me. I am talking about how you are a producer of a comedy recording that was nominated for a Grammy, if I am correct? Could you please tell us about what that is about and how that happened?**

It happened while I was a graduate student. The information about Nixon’s secret tape-recordings of conversations in the oval office had been made public, and people were pressing for release of them. Nixon did a 20-minute radio address in which he explained that he would not make the tapes public. I was listening to it with a friend named Vic Dinnerstein in my living room. When it ended, we had the following conversation:

“He’ll probably be forced to release them at some point.”

“Yeah, but he’ll probably doctor them first.”

“Hey, why don’t we doctor them?”

So we obtained a tape of the interview from a local public radio station, rented a recording studio, hired an engineer, and brought in the tape. Using a razor blade and Scotch tape, we edited the 20-minute speech into a 5-minute confession, in which we have Nixon, in his own voice, saying things like: “This has been the most extensive coverup since the

assassination of President Kennedy.” We played the tape for the actor and later film director Rob Reiner, who put us in touch with the National Lampoon, which put it out as a single, titled “The Missing White House Tapes.” After that hit the charts, they asked us to expand it into an album of the same name, which was nominated for a Grammy as best comedy album (we lost to Richard Prior).

**And of course our traditional question: do you have a message or some hints to the younger colleagues?**

Don’t be afraid of controversy! If you are a clinician, respect and contribute to research. If you are a researcher, respect clinical experience and make use of it in formulating hypotheses to test. The future of clinical hypnosis lies in your hands and in the researcher-clinician team.

Thank you very much for the interview.

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## Meeting Our Mentors



Dr. Inger Helene Vandvik, born 1938, is a child and adolescent psychiatrist from Oslo, Norway.

She developed and headed the child and adolescent psychiatric consultation-liaison service at the National hospital until her retirement in 2004.

She is also Professor Emerita at the Faculty of Medicine, University of Oslo after extensive teaching and research related to her main interests, as reflected in this newsletter.

Family represents another key interest where she finds great pleasure in her 3 children and 9 grandchildren.

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

**Dr. Inger Helene Vandvik**  
Interview by Helene Hegeland

### **Please describe your earliest awareness of hypnosis.**

My earliest awareness of hypnosis was based on newspaper reports of its misuse. In 1975 however, I met Karen Olness by coincidence and was introduced to the field of clinical hypnosis. At that time I was working as Head of the child- and adolescent psychiatry consultation- liaison service at the National hospital (now Oslo University hospital). Karen and I found common interests in treatment of children with incontinence, enuresis and encopresis. Karen told about the effectiveness of clinical hypnosis not only in treatment of enuresis, but also in alleviating the impact of disease, illness and injury in general. That the aim of hypnosis was to increase the child's experience of coping - gaining a positive self-esteem - fitted well with the clinical visions of my team of consultation-liaison psychiatrists/psychologists at the National Hospital. In our work we met children struggling to cope with serious acute and chronic potentially life- limiting illness – some of them traumatized due to violation and frightening experiences in a hospital setting. We therefore had become increasingly concerned with how to empower hospitalized children by helping them through painful procedures and enhancing their mastery of symptoms and illness.

My encounter with Karen was an important turning point for me and provided ample opportunities to learn more about hypnosis, not least of which I was able to do during a stay in California in 1979.

### **Please characterize briefly your career, and your current work. Please provide the information about your distinguished award and something about how you became a candidate for this recognition.**

I was in 2017 appointed Knight of St. Olav, by the King of Norway. The Order of St. Olav's recognizes distinguished service rendered to Norway and mankind. There were five areas of engagement that were noted and these best characterize my lifetime's work in psychiatry: 1. Being a pioneer in establishing psycho-social child and adolescent healthcare for children with severe chronic physical

illness. 2. Being a pioneer in bringing hypnosis and hypnotherapy for children and adolescents to Norway. 3. Foundational involvement in developing the field of Medical Ethics in Norway. 4. Comprehensive contributions to child and adolescent research. 5. International involvement in child and adolescent psychiatric activities; also after my resignation in 2004, such as my support to the Laos health authorities in creation of a mental health education program and the development of the child and adolescent psychiatry services in Laos.

### Who were important mentors for you?

In the 1970-1980ies Karen Olness was a great source of inspiration, but also several other American colleagues. Julie Linden and Laurence Sugarman have been great inspirers for me as well as the growing network of colleagues involved in clinical hypnosis in Norway and worldwide.

Julie and Lawrence have been important contributors in the one-year education program in clinical hypnosis and communication with children and adolescents here in Norway.

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

My main interest has been to use hypnosis as an integrated part of treatment of for example enuresis, cancer related nausea, pain, procedure anxiety and in alleviating the impact of disease, illness and injury. As for my areas of practice I often refer you to my article *Applications of hypnotherapy in child psychiatry* (Nord Psykiatr Tidsskr 1988;42:17-22Oslo .ISSN 0029-1455). Looking back, the paper I wrote in 1988 still holds relevance as it points out how hypnosis may help these patients.

I also was instrumental in creating a national training program for child and adolescent health professionals, which is now about 10 years old. The program was and still is based on collaboration between my previous work place - the child- and adolescent psychiatry consultation- liaison service at the National hospital and Regional Centre for Child and Adolescent Mental Health, Eastern and Southern Norway (RBUP). RBUP is a large and well-established education centre in child and adolescent psychiatry in Norway. The first "One-year Education Program in Clinical hypnosis and hypnotherapy for



Appointed Knight of St. Olav, by the King of Norway, 2017



Inger Helene Vandvik with Julie Linden

children and adolescents” started in 2008 and has been held yearly since then. An article on this appeared in the American Journal of Clinical Hypnosis in 2017 (Am J Clin Hypn. 2017 Jan;59 (3):282-291).

### **Whom do you consider as your follower?**

I have been fortunate to recruit several talented colleagues during my career and these have contributed substantially in further developing hypnosis in practice and education in Norway. I will especially mention Trond Diseth who was my first Ph.D. student and today my successor and Head of the child- and adolescent psychiatry consultation-liaison service at the Oslo University Hospital. Together we began to use hypnotherapy and teach self-hypnosis as an integrated part of treatment of enuresis, cancer related nausea, pain, and procedure anxiety. We also wrote articles and gave lectures to Norwegian psychiatrists, psychologists and pediatricians to promote the clinical value of hypnosis with children. This led to an overwhelming amount of referrals to our hospital section and emphasized the need for professionals having skills in clinical hypnosis. This recognition led to a two days' workshop - “An introduction to hypnotherapy and basic skills in clinical hypnosis with pediatric patients”, The workshop gave later birth to the one-year education program in clinical hypnosis and communication for children and adolescents at RBUP.

I was also able to interest my daughter-in-law, a child and adolescent psychiatrist, in clinical hypnosis and she is now managing the education program in child and adolescent hypnosis with another colleague. It is a great joy to see this legacy continue and to see the many ways in which the addition of hypnosis in medical settings facilitates treatment and wellness.

### **During your career what kind of changes did you observe in the application of hypnosis?**

Hypnosis was not applied in practice when I started and is now slowly becoming more accepted. Today there is a greater awareness of how to *integrate* hypnosis and hypnotic communication in clinical practice in a more naturalistic way. This demonstrates how the pendulum has swung from more conventional hypnosis to these more applicable approaches in practice.

### **What do you personally see is your most important contribution to the field?**

For me it was a great gift to see that my focus on the importance of applying a biopsychosocial and

family perspective on patient's health challenges and also the importance of interdisciplinary collaboration between different types of professionals in several areas was appreciated. I think it is crucial that we can supplement each other and work together with the best interest of the patients and their families in mind.

### **What is your favorite professional book?**

As for books there are many good books available now. But to motivate professionals to learn more about hypnosis, I recommend *101 Things I wish I'd Known When I started Using Hypnosis*, by Dabney Ewin, MD, FACS.

### **Any advice to the young colleagues?**

I don't have any specific advice, but the general feedback we get from physicians, psychologists and the few dentists who have attended our training program is that it is useful and clinically relevant. So I would advise young colleagues interested in providing better care to children with a range of diseases and disorders to invest time in learning hypnosis and ideally to take an active role in implementing this treatment modality in practice, including educational activities and research.



## 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...**

### Can hypnotherapy be useful parents and preterm infants in a Neonatal Intensive Care Unit?

Every year, some 15 million infants are born preterm worldwide (WHO, 2017), and in Hungary some 8.5 % of all births are preterm births (WHO, 2012). The number of preterm births is also increasing as advances in neonatal care and treatment is progressing, and the gestational age for when it is possible for a preterm infant to survive can be as low as 22 weeks. It is further well known that being born preterm is associated with many and various ad-

verse outcomes such as ADHD; Autism spectrum disorder, cognitive and neuro motor sequela and emotional disorders (Baumgart et al., 2012; Johnson et al., 2010; Lund et al., 2012; Kroll et al., 2017; Lundequist et al., 2015), and of these, the outcomes may not manifest themselves until the child reaches school age. In addition, a child may show signs of normal development at an early age, and the decline may manifest as the child reaches school age; therefore, it cannot be established whether it is the catching up or the development of permanent difficulties one is observing in the child's early life (Aylward, 2002). Preterm birth is associated with low SES and young maternal age. Not all the mechanisms that may explain preterm birth have been identified.

Being a parent to a preterm child is a stressful and difficult situation for the parents involved (Kynø et al., 2013). Research suggests that having a preterm child, regardless of the degree of prematurity, is what causes the parents stress and worries, e.g., how will it go, if the child will survive and whether the child may face difficulties later in life (Petit, 2016). Nor does the infant have the features that expecting parents are envisioning; a preterm infant does not look like the baby they were imagining coming. Also, the infant and parents are in a highly advanced medical environment; the infant who is in the incubator is connected to a variety of medical equipment, aiding respiration and monitoring heart, pulse, O2 saturation, as well as having a nasal tube for feeding. Being physically separated from the mother, the infant will also be subjected to handling and painful procedures, and these combined factors can be understood in terms of early life stress (Furman, 2017).

What is also known is the increased risk for preterm birth mothers developing major depression, and the increased risk for PTSD. The condition of the child as well as the way the child is delivered are potential risk factors in this context (Misund et al., 2014). In a long-term perspective, maternal insensitivity, depression but also experiences of post traumatic character, is suggested to have an impact on the child's later emotional development (Drvaric et al., 2013; Schweizer et al., 2015).

Mothers that both exhibit symptoms of depression and anxiety are seen as a warning sign, as maternal depression and anxiety may have a detrimental impact on the mother-child relationship and lead to negative developmental outcome, both in terms of emotional and cognitive delay (Petit et al, 2016). This may in turn result in potential negative consequences for the attachment between the baby and the mother. If the interaction between mother and infant becomes too disrupted due to maternal mental ill-



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among young adults born preterm. Dr. Renata Cserjesi is her supervisor and Dr. Alexander Logemann is the co-supervisor of the PhD studies, and conduct the research of the Department of Affective Psychology, ELTE.



ness in the form of depression and/or PTSD, a more unfortunate attachment pattern may evolve in the preterm child, also leading to attachment difficulties in adult life, and also contribute to negative consequences in later emotional competencies. Development of emotional competency is important for later social adjustment and functioning (Chaplin & Aldao, 2013). Preterm born is a group that already are understood to have a higher prevalence of social difficulties in adult life. To what extent attachment problems are a part of these difficulties does not presently seem clearly described -but there may be a possibility that attachment disturbances may be connected and ideally should not be excluded.

In this context, mentioning Kangaroo care seems of relevance. Kangaroo care was introduced in Bogota, Colombia in the 1970's, and the implementation of this technique, which emphasizes skin to skin contact. In addition, this methodology discharges the mother and baby when the infant reaches a birth-weight of 1700 gram. A recent study indicates that this protocol with early discharge also has positive effects on the connection between the baby and parents, and likely leads to less severe neurological outcomes (Charpak et al., 2017).

### **Where does the use of medical suggestions belong in this context?**

Medical suggestions and hypnotherapy are used for numerous conditions including depression, weight loss, smoking cessation, hormonal problems, as anesthesia, in treatment of phobias, in pre, per and post-surgical phases, and PTSD - in general, it is applied to a very wide range of conditions and problems, and where the tradition and practice has long historical roots. Hypnotherapy is also used in pediatric settings; as management for pain and sedation (Atkinson et al., 2009), in pain management and promotion of the healing of burn wounds (Chester et al., 2016), and as anesthetic premedication (Calipel et al., 2005), to mention a few of the areas where hypnotherapy is utilized.

When searching for literature on EBSTCO (research databases) related to hypnotherapy for parents of preterm born, the articles identified that what was somewhat related was on the well-being of first time mothers, and on preterm labor and clinical hypnosis ( see f.ex Guse et al., 2006 and Reinhard et al., 2009).

Medical suggestions, or hypnotic suggestions, may be of use in several areas in the neonatal intensive care unit (NICU). These may be utilized for reducing stress and sensitivity the parents may experience in relation to the various sounds, alarms and smell

that is a part of the «natural» environment in a NICU. Further, to witness one's own child wired up to a myriad of medical equipment can be difficult and there is the potential feeling of helplessness parents may face in such a situation. To be able to reduce stress, worry and experienced helplessness, may also be of help for the mother to promote breastfeeding, or keep up milk production in the time period during which the infant is dependent on feeding via the nasal tube. This may provide feelings of control and mastery in the mother, as well as promoting a sense of being able to contribute and take part in helping her baby. With appropriate suggestions, parental self-efficacy can be supported; especially for first time parents, and especially for men, who also have been found to have a lower degree of parental self-efficacy (Thomas et al., 2009). The goal in this specialized communication is to promote the reduction of stressors and increase mastery in an individualized way. This is hypothesized to help adjustment in a challenging life situation but also, ideally, it may have a prophylactic effect on later PTSD and depression, and as such, may promote the mother - child bonding, connection and interaction. In a study by Guse, Wissing and Hartman (2006), an effect was found on the use of hypnotherapy for increasing well-being in first time mothers; a positive effect in terms of less depression was also identified in this study. In addition, for those mothers that may already have a known vulnerability for depression, providing cognitive behavioral therapy (CBT) combined hypnotherapy may be of benefit. An article by Alladin (2009) describes in detail the structure of a program containing both hypnotherapeutic techniques in combination with CBT. Another, relevant point here is also the argument that medications such as SSRI's are not suited for everybody; for the mother that wants to breastfeed CBT based hypnotherapy can be a viable option. Not all psychopharmacology can be combined with breastfeeding; the mother can as such avoid medication that is contraindicated for breastfeeding.

Paternal feelings of anxiety and insecurity may also be targeted by suggestions. Fathers of preterm babies appear to be somewhat sparingly described in the literature, but it is known they cope differently than the mothers and report anxiety related to their new role as well as to already existing duties and responsibilities (Deeney et al., 2009). The mothers have received more attention in a research context. How is the preterm born's mental health affected by its father presence, absence, level of self-efficacy and experienced insecurity and anxiety? Becoming parents is a stressful life event, becoming parents at «the wrong time», too soon, is further stressful with all the questions that arise. As such, could hypno-

therapy be of benefit also for fathers of preterm born children?

It should be possible to study a possible effect of medical suggestions in a NICU, with an intervention and control group - and later follow up in terms of assessing attachment, parental wellbeing, prevalence of anxiety, depression, PTSD and infants' developmental quotient. In other words, this may open up for a new area of research that is both low cost, and needs little equipment, and in addition does not expose the preterm infant to painful procedures. Hypnotherapy could also be viewed as a supportive intervention, in addition to the general information and knowledge parents also need to acquire as parents to a preterm born daughter or son, and to be beneficial for the child's further development and parental involvement and practice. In sum, based on the present knowledge, medical suggestions and hypnotherapy seem to be an important and possible low cost intervention that may have positive implications on both short and long term mental health, development, attachment and interaction, for both infants and parents.

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## 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.**

The “Findings of Note” section serves as a review of current hypnosis literature published not in the hypnosis journals but in the wider scientific – medical and psychological – 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.

The current review will introduce four studies to the reader. The first article targeted relieving cancer patients’ symptoms of pain, fatigue and sleep disturbances by using a short intervention that combines self-hypnosis and cognitive-behavioral therapy techniques. It is joyous to see that more and more studies investigate the ways hypnosis can be used in helping cancer patients: for each Findings of Note issue, as I am searching for articles to review, I regularly see recent articles dealing with some aspect of hypnosis in cancer symptom treatment. Mendoza and his colleagues’ article is a great example, as their results indicate just how efficient this method is in improving patients’ quality of life. It seems hypnosis could play an important role as symptom relief and psychological aid, and ongoing research by Bányai and her colleagues also investigates its effects on a physiological level.

The next two articles in the review both have to do with hypnosis as an anesthetic. A case study is presented in which a high risk patient was successfully treated for an aneurysm with hypnoanesthesia, which was assessed as safer for his condition than

general anesthesia. Risks and post-operative complications associated with general anesthesia has been long known in the medical community, and the possibilities within hypnosis as an adjunct or as replacement are just beginning to gain some acknowledgement. Published case studies like this are thus valuable to spread this knowledge; the authors themselves note that a main “obstacle to expansion of use of hypnosis is the lack of training for medical personnel” (p. 1291). The next article on hypnosis and anesthesia might seem counterintuitive right after this statement, as this study aimed to see whether using hypnosis before surgery decreased the amount of sedatives necessary, but found no benefit for hypnosis. However, the authors discuss possible explanations for the lack of results that otherwise generally show that using hypnosis in surgical procedures has beneficial effects for both patients and the health care system itself (by decreasing cost of patient care). I thought that it is relevant to include such a study in the current review for another reason as well. Generally studies that show no effect or expected results are harder to publish and receive much less attention, which has been shown to bias our thinking (Mlinarić et al., 2017), therefore it was nice to see this article published in a scientific journal by authors who promote the use of hypnosis in medical settings in their everyday practice.

The last article reviewed here is an overview of the history and summary of our current knowledge about using hypnosis to aid memory recall in forensic contexts, which is one of the age-old questions on the reliability of eyewitness memory. Mazzoni and Lynn’s review on this topic is a beautiful example of how sometimes what is regarded as scientific and ‘standard procedure’ might change overtime as our methods and understanding become more nuanced; and also how these changes can have very meaningful effects on the functioning of whole societies, which, if one thinks about it, highlights the scientific community’s responsibility for abiding to the most rigorous standards in their work.

- Mlinarić, A., Horvat, M., & Šupak Smolčić, V. (2017). Dealing with the positive publication bias: Why you should really publish your negative results. *Biochemia medica: Biochemia medica*, 27(3), 1-6.

**MENDOZA, M. E., CAPAFONS, A., GRALOW, J. R., SYRJALA, K. L., SUÁREZ-RODRÍGUEZ, J. M., FANN, J. R., & JENSEN, M. P. (2017). RANDOMIZED CONTROLLED TRIAL OF THE VALENCIA MODEL OF WAKING HYPNOSIS PLUS CBT FOR PAIN, FATIGUE, AND SLEEP MANAGEMENT IN PATIENTS WITH CANCER AND CANCER SURVIVORS. *PSYCHO-ONCOLOGY*, 26(11), 1832-1838.**

The researchers of this article wanted to examine the efficacy of an intervention aimed to alleviate the most common problems cancer patients suffer from, which are pain, fatigue and sleep difficulties. As the authors point out, there is accumulating evidence for both cognitive-behavioral therapy (CBT) and hypnosis to be effective in helping people deal with such problems. Thus they designed the study to combine CBT and hypnosis, comparing their effects to a control group. Participants in the research were either taking part in ongoing cancer treatment or they were post-treatment survivors who reported pain, fatigue and sleep related problems. Apart from examining these symptoms, the authors were also interested in seeing whether the intervention makes a difference in secondary, associated outcome domains, that is, depression, pain interference (the impact of pain on some areas of functioning), pain catastrophizing and cancer-related distress.

The intervention itself consisted of four sessions, each approximately one hour, where patients received training in CBT and self-hypnosis based on the Valencia model of waking hypnosis, which uses standardized methods of awake self-hypnosis that are easy to implement in everyday life, as they can be done while being engaged in other activities. They learned how to handle unhelpful thoughts regarding their symptoms based on CBT methods, after which they learned how to manage their symptoms using self-hypnosis. Behavioral strategies were also learned to help maintain treatment gains, and patients were encouraged to practice the skills they learned at home. The control group listened to educational lectures regarding their symptoms and took part in discussions about them; therefore they were also assumed to receive the gains that generally arise from therapist attention and participation in a clinical trial. However, the results clearly indicate that the intervention provided beneficial effects beyond these. The intervention group showed clinically significant greater improvements for all measured variables: pain, fatigue, sleep problems, depression, pain catastrophizing, cancer-related distress and pain interference. The rate of patients who reported meaningful relief in their symptoms was also greater in the intervention group. Moreover, these results stayed stable even after a 3-month follow-up assessment for all measured variables except for pain interference. This study proves that a relatively simple intervention can have meaningful effects in cancer patients' lives: after taking part in just four hours of training, they were able to better manage their symptoms. Although the authors point to the fact that we cannot tell from their results how much CBT or hypnosis contributed to these results separately, we can say that the combination of the two led to marked benefits without any adverse effects. The

intervention thus seems to be a promising tool in improving cancer patients' quality of life.

**CHOLET, C., ABDALLAH, I. B., KHALED, A., DHONEUR, G., KOBEITER, H., & DESGRANGES, P. (2017). COMPLEX ENDOVASCULAR ABDOMINAL ANEURYSM REPAIR WITH FENESTRATED ENDOGRAFT INSERTION UNDER HYPNOSIS AND LOCAL ANESTHESIA. JOURNAL OF VASCULAR AND INTERVENTIONAL RADIOLOGY, 28(9), 1289-1291.**

Cholet and colleagues introduce a highly interesting case study where hypnosis was utilized in an interventional radiology procedure as an alternative to general anesthesia. They argue that hypnosis could be a suitable substitute for anesthesia in different surgical procedures, especially with high risk patients. The patient in this case was a 67-year-old man diagnosed with abdominal aneurysm, with a history of chronic pulmonary disease and type-II diabetes. The patient's high surgical risk contraindicated general anesthesia, as risk-assessment showed a greater than 40% risk of postoperative pulmonary complications; hypnosis was chosen under which to perform the procedure. The patient was therefore thoroughly informed about hypnosis and the reasons for utilizing that instead of general anesthesia. These consultations between anesthesiologist and patient also served to form rapport. Together they set the base for therapeutic communication that later could be used during the procedure as well, so, for example, they chose a specific signal for the patient to indicate discomfort. After the hypnosis induction, artery access was performed under local anesthesia. Throughout the whole procedure, lasting 180 minutes, the anesthesiologist monitored the patient's comfort. He signaled discomfort only once because of the rigid operating table, for which a low dose of opioid was administered; no vasopressor drugs were needed during the procedure. Afterwards the patient reported feeling satisfied with the experience and that he was in trance for the whole duration. He was able to remember the discomfort caused by the operating table but did not categorize it as a "bad memory". The procedure was successful with regards to the aneurysm and the patient was asymptomatic at a 3-year follow-up.

The authors thus convincingly demonstrated through this case study that hypnosis is a less risky alternative to general anesthesia, as there is no need for intubation, less sedative and pain medication is needed, and it maintains immobility, while allowing communication with the patient. As hypnosis can only be accomplished with cooperative patients, the authors mention conditions in which hypnosis is contraindicated, such as in the case of

patients with psychotic disorders or cognitive impairment. However, because hypnosis was found beneficial in such a complex case as this one, the authors urge more widespread utilization of hypnosis in interventional radiology procedures.

**BATAILLE, A., GUIRIMAND, A., SZEKELY, B., MICHEL-CHERQUI, M., DUMANS, V., LIU, N., CHAZOT, T., FISCHLER, M. & LE, M. G. (2017). DOES A HYPNOSIS SESSION REDUCE THE REQUIRED PROPOFOL DOSE DURING CLOSED-LOOP ANAESTHESIA INDUCTION? A RANDOMISED CONTROLLED TRIAL. EUROPEAN JOURNAL OF ANAESTHESIOLOGY.**

There is an accumulation of evidence that hypnosis can function as an alternate or adjuvant to general anesthesia, however we still do not know exactly to what measure this holds true. The authors thus designed a study in which the efficiency of a pre-anesthetic hypnosis session would be measured in terms of the amount of sedatives needed during surgery. Participants in this study were scheduled for minor, outpatient gynecological procedures. Patients were randomly assigned to be either in the control 'conventional care', or in the experimental 'hypnosis' group. The hypnosis group differed from the control group in that before entering the operating room, the hypnotherapist provided the patient with information about hypnosis as well as the operating room protocol; they also identified a pleasant memory to be used later during the operation. Hypnosis started as soon as the patient entered the operating room and ended when anesthetics were beginning to be administered. Hypnosis sessions lasted 10-15 minutes and consisted of three stages. First, hypnosis induction phase with suggestions focusing on narrowing of attention. In the second phase, confusion and dissociation strategies were used to deepen trance and in the third phase the hypnotist utilized the pleasant memory previously identified by the patient among other metaphors. After surgery, in the waking period the hypnotist gave suggestions fostering the return to consciousness.

The main goal was to see whether after hypnosis fewer sedatives were needed. Specifically, whether there is a difference in the amount of sedatives used by the automated system that administers the sedative propofol based on specific indices in the two groups. Automatic administration of the sedative was used to eliminate the possibility of human error or bias. Besides the amount of sedatives, the study also measured whether there is a difference between groups in their perception of pain (at insertion of catheter and injection of propofol). According to the results, there was no difference between the two groups in how much propofol/sedative they required

for anesthetic induction, showing no benefit for the hypnosis condition. They also found no difference in the reactions to painful stimuli. This study therefore failed to show advantages of hypnosis as an adjuvant to general anesthesia, contrary to previous findings that show that hypnotic techniques produce anxiolytic and analgesic effects. The authors discuss possible explanations behind this, such as methodological problems, for example the impossibility of blinding such a study, or that they did not include pre- to post-anxiety measures to screen for the possible anxiolytic effects of hypnosis, which could still confirm the potential benefit of hypnosis. They also discuss the possibility that the intravenously administered sedative might have opposed some aspects of hypnosis, meaning that propofol typically decreases metabolism in the brain, whereas hypnosis have been found to increase the blood flow in certain cerebral regions. The authors thus note that their methodological approach might have been flawed as the administered therapies (the sedative and hypnosis) act as antagonists. Nonetheless they end their article on a positive note, saying "our team is continuing the progressive integration of a culture of hypnosis into patient care" (p. 6), as previous research convincingly indicates that hypnosis does in fact result in many positive outcomes on patients' subjective experiences as well as other measures (such as shorter stay in hospital, less pain medication needed etc., see summary for example: Yeh et al., 2014).

- Yeh, V. M., Schnur, J. B., & Montgomery, G. H. (2014). Disseminating hypnosis to health care settings: Applying the RE-AIM framework. *Psychology of Consciousness: Theory, Research, and Practice*, 1(2), 213.

**MAZZONI, G., & LYNN, S. J. (2017). USING HYPNOSIS IN EYEWITNESS MEMORY: PAST AND CURRENT ISSUES. IN M TOGLIA, JD READ, DF ROSS AND RCL LINDSAY (EDS.), THE HANDBOOK OF EYEWITNESS PSYCHOLOGY. RETRIEVED FROM: BOOKS.GOOGLE.COM**

In this chapter Mazzoni and Lynn give an overview about the use of hypnosis as an aid to memory in forensic settings. Forensic applications of hypnosis followed and sometimes influenced the more general scientific assessment on whether hypnosis can be used to recall memories otherwise inaccessible to the person, and these assessments went through a great deal of change since Janet proposed in the 1880's that in hypnosis people can recover memories of traumatic events that cause their pathologies. The assumption that repressed or dissociated memories can lead to an array of psychological problems still holds today; however using hypnosis as a facilitator to recall such memories has become highly



controversial, especially in the forensic context. The basis of this controversy stemmed from the two different ways therapists used hypnosis in dealing with patients' difficult memories. On one hand, they used hypnosis to recover these memories; on the other hand they also used hypnosis to alter given memory or even create false memories in the aim of creating a more positive outcome. Research also pointed out some issues when using hypnosis to facilitate memory recall, for example that suggestibility and recall are linked in a way that moderately and highly suggestibles report more false memories both in hypnotic and non-hypnotic contexts; meaning that a large part of the population is prone to misleading or suggestive information during memory recall. It has also been shown that hypnosis leads to more recalled items in volume, but not in accuracy, meaning that both true and false items are recalled in greater rates under hypnosis. Studies showed, moreover, that hypnosis can distort memories of early life events as well, and that hypnotized people tended to have higher confidence in their own recall than non-hypnotized people, even in the case of false memories. As confidence in one's testimony has been found to be the single most important factor in how a jury judges that testimony, these results have serious considerations for using hypnosis for enhancing eyewitness memory in the legal context.

After the summary of research on hypnosis' effect on memory recall, the authors review how the utilization of hypnosis in the U.S. legal system has changed over the decades. From open admissibility to complete denial of admission of hypnotic testimony, basically all variants could be found historically, with a more moderate position being for example that when specific guidelines are followed, the testimony of a hypnotized person is admissible. However, based on research evidence, the authors draw the conclusion that hypnosis does not assist memory recall and should not be used for such purposes, neither in forensic nor in any other circumstance. They make a feeble exception in case there was a situation where a greater amount of recall could be useful even at the cost of inaccuracy, for which they give the example of recalling the license plate of a car in a kidnapping; in such an instance, if there was no other tool or possibility to turn to, hypnosis might be utilized. Still, the authors warn that hypnotically induced false memories might distort the course of an investigation and so for now, until further evidence or exemptions can be found, it is unadvised to use hypnosis in the courtroom for the purpose of aiding memory.

## ALWAYS WANTED TO LEARN CLINICAL HYPNOSIS?

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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.

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

Course Organizers

## Hypnosis: New Generation



### Interview with Dr. Katalin Varga

Co-Chair of the  
Hypnosis: New Generation  
2019 conference  
by Fanni Pusztai

**Dear Kata, as the mastermind and one of the main organizers behind the Hypnosis: New Generation (H:NG) conference, to take place between the 30<sup>th</sup> of May and 1<sup>st</sup> of June 2019, in Budapest, Hungary, could you please tell me what is the concept of this conference and how it occurred to you?**

Yes, well there were two main considerations in working out the concept of H:NG. We were having an interesting conversation with a few colleagues at the European Society of Hypnosis conference back in 2017 in Manchester, UK, and some financial aspects came up in that conversation. That is when I found out that a surprisingly big percentage of the society's income actually goes into paying big hotels and/or congress centers fees for these events. That is what got me thinking that maybe it would be beneficial to start a new line of conferences. The idea is basically that the scientific content would be just as high-standard as for example at the triennial meetings, while the service part would be more modest. So, the first consideration is this: on the one hand we want to keep these prestigious, elegant conference locations, especially for the triennial conferences of the ISH and the ESH, which are in a way more formal and express the importance and solemnity of the event. On the other hand, we would like

to start a new line of meetings with maybe a somewhat

different atmosphere and background. And we here in Budapest happen to be so lucky that we have a location just right for this aim. The second consideration is linked to this first one, which is that it is important to involve the younger colleagues, to encourage them to take part in congresses, present their findings, to allow the older and the younger professionals to have a platform where they can exchange ideas, get to know each other and so on. So I combined these two goals and that is how the conference got its name: "Hypnosis: New Generation. New trends in research and clinical application."

**That sounds great, and how do you plan to actually involve the younger generation? What makes this conference attractive to them?**

First, entry fees will depend on the professional age of an individual, meaning that the "newer" someone's degree is, the less they pay, making H:NG 2019 very affordable. And second, we plan to have younger colleagues give the keynote speeches too, and they will have all kinds of different platforms to present their findings. The aim is really to see and hear the new faces of the field. We are also planning workshops such as tips and tricks of how to publish papers, enhancing one's presence in the scientific world, so there are issues that are important and interesting for beginners.

**Okay, so what happens then with the more accomplished, older generation? Where is their place in all this?**

Oh they most definitely have a place, an important one too. As mentors of the newer generation, they are more than encouraged to come to H:NG 2019 to share their knowledge and experiences with the younger colleagues. We are planning to bring in new forms of programs by which we hope to give an opportunity for more informal networking, so that the new generation can actually meet and talk to the more experienced professionals. Such new programs will be for example the 'Scientific Speed Dating', or 'Conversation Hour', which are specifically designed for the conference participants to have the possibility and time to talk to accomplished professionals, with whom they otherwise might not be able to have a conversation with in person.

**And you said you have the perfect location for these purposes...**

Indeed we do. Budapest, by the way, traditionally organizes memorable conferences like the Eurohypnosis 1996 conference. Participants from that congress still today tell me how great it was. Or for example the 1<sup>st</sup> International Congress of Medical Hyp-





nosis, also held in Budapest, 2013. This is probably not surprising; the city itself is breathtaking with a steady spot on the lists of most beautiful places to visit both in Europe – and worldwide. For H:NG 2019, we will have the recently renovated building of the Faculty of Pedagogy and Psychology of Eötvös Loránd University. I could not be happier about this, because the building is nice and relatively modernized, and it is located right in the heart of downtown Budapest, in the old city. So that means that a great many of the city's attractions are within walking distance, not to mention good restaurants, cafés and bars in all price ranges. It is the perfect place to have a conference such as this with plenty of rooms and the location also allows participants to explore the city a bit.

### **So let's say during a break after a lecture and scientific speed-dating you could go out and do some sightseeing?**

That is right, for example the historic Grand Synagogue, the largest functioning synagogue in Europe is some 3 minutes away. The so-called Budapest Eye is similarly close, if one would like to get a glimpse of the city from above. Not to mention all kinds of culinary experiences one can try in this area. It is quite literally the liveliest part of the city. One might even be interested in the famous ruin pubs we have here in Budapest, the best-known one is on the same street as where the conference takes place. You could do all that and make it back to the conference just in time for the Science Slam.

### **Science Slam? What happens there?**

That is also one of the new programs we are planning, one of the most fun probably. You present your scientific research or therapeutic insights in a rhyming, musical, poem-like or stand up comedy-like way, like in slam poetry. Basically you explain your findings in any artistic form of your preference. It has been a long pursuit to bring research and clinical aspects of hypnosis closer together, and one basic principal for that is to present research findings in a clear, not overcomplicated way, along with their clinical implications. Science Slam gives all that in an entertaining, informal atmosphere. We tried it at our department before and it worked so well that I thought it would be a shame to exclude it from H:NG.

### **That does sound like lots of fun. It also seems like there really will be quite a few new types of programs.**

Yes, that is the whole point. Any professional working with or interested in hypnosis and suggestive





communication is eligible for application, and we are broadening the variety of programs so that there is something interesting for everyone. Those who prefer more traditional programs need not to worry either: there will be lectures, workshops, poster sessions as well. Also if someone is for example interested in giving a lecture or a workshop but cannot make it to Budapest at that time, we also happily accept applications for lectures via Skype. So, another aim all together is inclusivity, and hopefully to promote hypnosis to the widest possible professional audiences. It is always great to see and to experience just how colorful the variety of applying and researching hypnosis can be, how many different areas of life can benefit from the possibilities that lie within.

**So, you are saying that any profession is welcome to H:NG 2019 and that the conference's main goal is to provide a place for the younger and older generations to meet, to discuss, to engage.**

Exactly. Anyone using or interested in using hypnosis is welcome, whether it be in sports, psychotherapy, medical applications, coaching and so on. And our motto for the conference is that it is an engagement and nurturing of our future, our professional future.

**You are one of the Co-Chairs of Organization of H:NG 2019. Who else is behind the conference?**

The co-organizers are Semmelweis Medical University, Anesthesiology and Intensive Care Clinic, the Department of Affective Psychology at Eötvös Loránd University, and the Hungarian Association of Hypnosis. However the International Society of Hypnosis and the European Society of Hypnosis are nominal co-sponsors, as well as the International Journal of Clinical and Experimental Hypnosis.

**Thank you very much for the interview. Just one last question: where can we find more information and updates on H:NG 2019?**

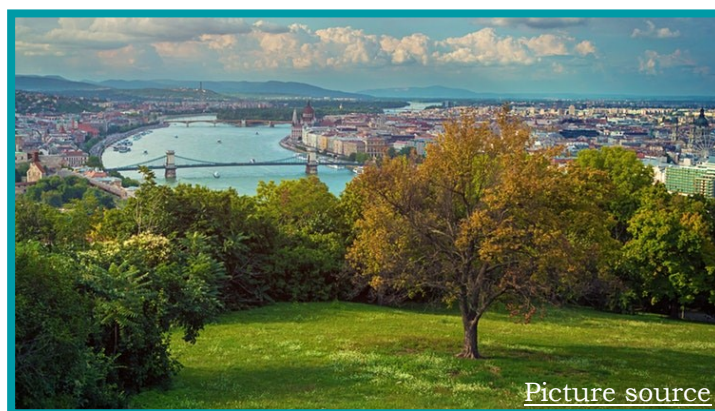
The H:NG 2019 website is already open, under the following link:

<http://www.hypnosisnewgeneration.com>

It will be continuously updated, so I would advise anyone interested to check back in a bit. However, we are also more than happy to answer any questions and inquiries at the following e-mail address: [hng@convention.hu](mailto:hng@convention.hu).



Picture source



Picture source



## 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 ☺).*



**Hassan Farahmanesh**

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

My name is Hassan Farahmanesh and I was born on 21 March, 1979

Profession: Graphic design, offset and digital printing, photography, SEO and web design;  
Country: IRAN; Town: KARAJ

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

About 7 years, I have been contacting this institute by Dr. Shahidi and my first project has been design of ISSCH website.

And I've been providing support for this website for almost two years.

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

I founded my company about 12 years ago. Last year, I transferred my office to a larger location and now I've been adding new sections like search engine optimization (SEO), iOS and Android app design to our company activities.



Our main focus is on graphic design, offset

and digital printing, packaging, photography, and web design.

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

I've been cooperating with ISH on some projects, but I usually spend my entire time in my professional career.

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

Research on new software, study of medical and health issues, watching science documentaries, putting time on aerobic exercises.

**Please share with us a memorable moment, or the aspect of your work you prefer the most. We can promote your community on social networks.**

The last project that was offered to me was making







flag banner of ISH and my problem was that the maximum size of the banner was more than the maximum size of digital sewing machines, and we had to sew the flag pieces manually.

My website address: [www.farahmanesh.com](http://www.farahmanesh.com)





## INTERNATIONAL SOCIETY OF HYPNOSIS

Building Bridges of Understanding



Dear ISH Member,

The 2018 ISH Election Results are in.

**Congratulations to the new officers for 2018-2021**

President-Elect  
**Mark Jensen, PhD**

Secretary/Treasurer  
**Enayatollah Shahidi, MD**

**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:  
Representative:

☐ I will participate in the ISH Council of

☐ I will not participate in the ISH Council of

☐ 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](http://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](mailto: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

## News

### XXI WORLD CONGRESS OF MEDICAL & CLINICAL HYPNOSIS

August 22-25, 2018  
Montreal, Qc, Canada  
[www.hypnosis2018.com](http://www.hypnosis2018.com)

#### INVITATION TO MEDICAL HYPNOSIS PRACTITIONERS AND SPECIALIST PHYSICIANS

The XXI World Congress of Medical and Clinical Hypnosis, taking place in Montreal this August, will regroup healthcare practitioners from over 50 countries, coming from all five corners of the world.

This congress offers a unique opportunity to attend cutting-edge medical and clinical hypnosis presentations from a variety of specialists including psychologists, anesthesiologists, emergency physicians, oncologists, psychiatrists, family physicians, pediatricians, surgeons, geriatricians, researchers, and many others, who will testify to the use of medical and clinical hypnosis as a helpful, fast and effective tool in healthcare.

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

View the program and register by June 15 to benefit from the standard registration fees.  
[www.hypnosis2018.com](http://www.hypnosis2018.com)

Practical, demonstration and video workshops and symposia will give you an insight into a great variety of applications including but not limited to:

- surgery
- pain management
- reproductive health
- child birth
- pediatrics
- oncology
- neuro(physiology)
- dentistry
- and more...

Workshops have been structured into the following themes:

- 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

View the program by theme:

[http://www.hypnosis2018.com/en/wp-content/uploads/2018/05/Grid\\_Category\\_V4.pdf](http://www.hypnosis2018.com/en/wp-content/uploads/2018/05/Grid_Category_V4.pdf)

#### FOR THE SEASONED PROFESSIONAL

##### PRE-CONGRESS WORKSHOP AUGUST 21 - FULL DAY

Advanced Techniques of Hypnotherapy: The Developing State of the Hypnotherapist

**Jeffrey K. Zeig, PhD**

PhD in psychology, Founder and Director of the Milton H. Erickson Foundation

##### PRE-CONGRESS WORKSHOP AUGUST 22 - FULL DAY

Bad Decisions Make People's Lives Worse: Using Hypnosis to Address Cognitive Style and Improve Decision Making Processes

**Michael D. Yapko, PhD**

PhD in psychology, internationally known hypnosis trainer, author of the leading hypnosis textbook; Trancework and recipient of ISH's Pierre Janet Lifetime Achievement Award

View the pre-congress workshops:

<http://www.hypnosis2018.com/en/program/pre-congress-workshops/>

#### FOR THE RESEARCHER

##### ISH PRE-CONGRESS HYPNOSIS RESEARCH SYMPOSIUM AUGUST 22 - FULL DAY

The aim of this symposium is to "build a bridge of understanding" between highly experienced hypnosis researchers and clinicians. The clinicians will be discussing what they view as the key mechanisms of hypnosis (i.e., why they think it is so effective) and the most important research questions they would like researchers to address, in order to help them be more effective in their clinical work. The researchers will be presenting their most up-to-date scientific findings, and discuss the clinical implications of these findings for increasing the efficacy of clinical hypnosis. Together, the research and clinician participants will share their conclusions, with a goal of identifying the most interesting and fruitful areas of future hypnosis research. The conclusions from symposium will be shared in a panel discussion during the Congress. Although the symposium participants have already been selected, there is the potential for a limited number of Congress delegates to observe the discussions. If you are interested in observing the symposium, please free to contact the

symposium's co-organizers:

**Giuseppe De Benedittis or Mark Jensen**

## FOR THE NEWCOMER

PRE-CONGRESS INTRODUCTORY WORKSHOP - AUGUST 21 - 22 + CONGRESS

This unique program, offered by **The International Society for Hypnosis (ISH)** and the **Quebec Society of Hypnosis (SQH)** combines an introductory course with the congress program. This course is your chance to enhance your therapeutic repertoire with your patients by learning how to integrate clinical hypnosis into your work.

## REGISTRATION FEE

1 050 \$ CA (approx. 813 \$ US – 661 € Euros)

The registration fee includes 20 hours of certified training, access to all World Congress sessions, daily coffee breaks and lunches, Congress Welcome Reception, course materials, congress final program and certificate of completion.

View the Introductory Course Program:

<http://www.hypnosis2018.com/en/program/basic-training-workshop/>

## NEWS FROM MONTREAL

The **Société québécoise d'hypnose (SQH)** is in full swing right now. Many of its members are busy volunteering to help prepare for the next ISH congress. Hosting this event make us very proud and is considered as an honor.

The SQH board will be offering training in hypnosis aimed at the treatment, control and management of chronic pain and acute pain relief in medical setting. Our new model of training accessibility will allow more health professional to utilize hypnosis technics in hospital, long term health care center and rehabilitation center. We continue to explore different ways of how the SQH can train broader categories of professionals in nursing, radiology, physiotherapy, anesthetic, etc.

In November, our member will attend a training given by the doctor Christian Cheveau entitled: "Healing from psychic trauma by hypnosis: an efficient and fast technique to find a normal life"

## PUBLICATIONS FROM SQH'S MEMBERS

Novel authors and psychologist **Gilles Michel Oui-met** collaborated with the Transes Review with an article entitled "Self-Writings and Rewritings: From the Altered State of Consciousness to the Redevelopment of the Unconscious". Gilles Michel possesses the writing skills and wits of a novelist. He gave us a

jewel of philosophical reflection reuniting psychoanalysis and hypnosis principles.

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

**Gaston Brosseau**, trainer and ex-president of the Société québécoise d'hypnose published a second edition of his book "L'hypnose, une réinitialisation de nos cinq sens".

<https://www.dunod.com/sciences-humaines-et-sociales/hypnose-une-reinitialisation-nos-cinq-sens-vers-hypnose-20>

This hypnosis manual presents an approach developed by Gaston Brosseau a true legend in Quebec. A renowned author, psychologist and hypnotherapist, involved for decades of innumerable training courses not only in Quebec, but also in France, Belgium and Switzerland. His "flash hypnosis" is characterized by instant results, technical simplicity and elegance. The book exposes the foundations and the angles of his approach as well as the tools of its implementation in both clinical and medical setting.

Gaston also contributed to a collective work entitled: "Être-là". Along with several renowned authors from artistic, scientific and philosophical fields, Gaston reiterated the concreteness of his "hypnosis of the here and now", being present throughout the senses, hearing, seeing, listening ... Being present to oneself and to others, learning to perceive one's environment and to better understand those around us.

<https://editions.flammarion.com/Catalogue/hors-collection/documents-temoignages-et-essais-d-actualite/etre-la>

Following Brosseau's technics, we will see, hear and listen to you at « our » International Congress in August 2018.

Please consult the detailed programme of this event at <http://guide.hypnosis2018.com/eng>

We will be really proud to welcome you in our Montreal this summer!

Rémi Côté  
VP Communications  
Administrative Board of SQH

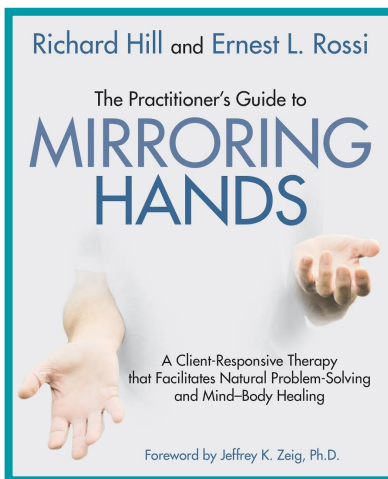




## Book Review

### THE PRACTITIONER'S GUIDE TO MIRRORING HANDS. A CLIENT-RESPONSIVE THERAPY THAT FACILITATES NATURAL PROBLEM-SOLVING AND MIND-BODY HEALING

Richard Hill & Ernest L. Rossi  
Crown House Publishing Limited  
2017



In some way the title of this book covers the content in a nutshell. Mirroring Hands refers to a hypnotic technique, where hands are used as a start of focusing and noticing ideo-sensory changes, as an induction of trance. The method has been studied and elaborated by Rossi and had been published earlier in the

Ideodynamic Healing in Hypnosis, with a basic accessing formula and moving hands in accessing creative resources. (Rossi & Cheek, 1988).

The current book is a further development demonstrating more flexibility in the way of asking questions, offering many examples of how and where the method can be integrated in the clinical field with case studies from both Rossi and Hill. For students and clinicians, detailed and concrete guidelines help to integrate the method in their own clinical work. Basic assumptions in the book, are the existence of and trust in the inner wisdom of the unconscious, an Ericksonian delicate and respectful way to access the unconscious, ratified and made explicit by the hand movements. Prior to the therapeutic work clients get familiar with the induction to therapeutic consciousness (chapter 3) and therapists learn to adapt language principles and to improve client responsiveness (chapter 4). Three easy to follow steps introduce a therapeutic consciousness: Focused Attention, introducing curiosity with awareness of energy sensation, contrasting sensation and conceptual sensation, to end this introductory process with validating nascent confidence. A basic accessing question is based on Erickson's implied directive: a time-binding introduction, the implied or assumed suggestion, a behavioural response that signals

when the implied suggestion has been accomplished. In 1980, Rossi made a simple change to create a curiosity question: (1) As soon as you know (2) you are able to begin working with your inner thoughts (3) *will your hand descend to your thigh?* (p. 63).

The Four-Stage Creative Cycle is a universal pattern: from stage 1, where we Gather Information – what is this all about? – you guide the client to an inner mind-body experience, stage 2, Incubation – how does this affect me? What does this mean to me? And trusting inner resources, giving the process the necessary time, clients can reach stage 3, Break-through and illumination – insight, resolution, revelation – “I can create something better in my life”! In stage 4, or Verification – I understand, appreciate, and accept what I have learned, a bridge can be made between the experience, and integrating this into one's own life challenges or issues one has to deal with.

One of the polarities is the winner-loser contrast to curiosity in chapter 9 on “Curiosity and the Elephant in the Room.” In different examples the conversion of a problem into a resource and how the hands follow the process, making the process visible in ideo-motor responses to optimize the pacing process of the interaction is illustrated. Chapter 10, on clearing out the negative, preparing for the positive is a very powerful technique in clinical practice, helping to resolve old pain, negative experiences and really “closing the door”, in a way the negativity can't pop up at random.

In line with Ericksonian hypnosis principles and trusting inner resources or healing processes “problem solving through self-organization occurs within the implicit inner space as a natural function of an adaptive complex system” (p. 110). Isn't it wonderful to discover that “Mirroring hands” method is able to open that connection and resolve issues without the client having to consciously relive painful experiences. What clients learn, can be an excellent start to continue the experience as a self-help tool. This is explicitly explained in chapter 13 “Personal access to your growing edge” or the solo and personal use of mirroring hands. And as experiences are not restricted to the mind, as clients notice ideo-sensory changes, from a scientific viewpoint, one wants to see proof of it and to measure the changes!

The last chapters guide the seriously curious “down the rabbit hole” to the quantum and the Yet-To-Be-Known, leaving the classical world or macro world, to the quantum world and qualia, where rules are different, and surprising quantum phenomena as

“entanglement”, where “two particles are in co-relationship, regardless of the distance between them” are seen. (p. 223).

Quantum field theory research on “how the quantum qualia, of the human observer-operator during subjective experience can be a causal agent in facilitating health and problem-solving on the objective molecular/genomic level” is a very exciting field of research. Future research in understanding / explaining how the four stage models affects mind-body processes, with the most advanced technical equipment will be needed! Who is ready to take the challenge?

The structure of the book, with some background knowledge, step-by-step outline for practices, clinical examples and a summary at the end, makes it an excellent book useful in teaching for students and a handbook for clinicians to enrich their clinical practice. The current and new hypothesis will stimulate reflections to understanding deeper processes at the basis of therapeutic change.

**Reviewed by**  
**Dr. Nicole Ruysschaert**  
**MD Psychiatrist**

Dear Members:

A **generous offer has been made** to our members concerning waiting room brochures about clinical hypnosis. The ISH Board of Directors has determined that this is a very comprehensive brochure, written for an American English-speaking population. It may also serve as an example of what to include in a brochure should you want to do so in another language.

We are the publisher of the brochure **Questions and Answers about Clinical Hypnosis** written by **William C. Wester, II, Ed.D.** Dr. Wester is a past president of ASCH. We would like to send your members in the United States a FREE copy of this easy-to-read, waiting room brochure. For more information please contact:

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President

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